

Red Workout 1 Freestyle Focus

15-20 Seconds Rest on each Swim for the whole workout

100 F

50 Back

50 Breast

4 X 25 Flutter Streamline Kick on back

4 x 25 Side Balance Kick

4 x 25 Catchup Free

Rest

4 x 25 Dolphin Streamline kick on back

25 Free fast

50 Free 25 Long 25 Fast

75 Free 50 Long 25 Fast

100 Free 75 Long 25 Fast

Red Workout 2 Backstroke Focus

15-20 seconds rest on each swim for the whole workout

100 Free

100 Kick

4 x 25 Shoulder Rolls

4 x 25 1 Arm Back

4 x 25 6 Kicks 3 Strokes

4 x 25 Fast Backstroke

4 x 50 Backstroke on 1:30

100 Free