

## Workout of the Month - Stroke

*From the SwimMac Masters Facebook*

10 minute choice warmup

### Set 1:

- 2 x 100 buoy only @ 1:40/1:50/2:00
- 2 x 100 kick @ 2:00/2:20/2:40
- 2 x 100 swim , a minimum of 3 dolphin kicks per wall @ 1:30/1:40/2:00
- 200 buoy only @ 3:20/3:30/3:50
- 200 kick @ 4:00/4:20/5:30
- 2 x 200 swim, min. 3 dolphin kicks per wall @ 3:00/3:20/4:00

### Set 2:

- 50 fly @ :50/:50/1:00
- 50 free @ :40/:45/:55
- 2 x 50 back @ :50/:50/1:00
- 2 x 50 free @ :40/:45/:55
- 3 x 50 breast @ :50/:50/1:00
- 3 x 50 free @ :40/:45/:55
- 4 x 50 IM @ :50/:50/1:00 as follows:
  1. #1 fly/back
  2. #2 back/breast
  3. #3 breast/free
  4. #4 all free
- 4 x 50 free @ :40/:45/:55

### Set 3:

These are easy intervals, get moving!

- 25 fly @ :30/:30/40
- 50 back @ 1:00/1:00/1:10
- 75 breast @ 1:30/1:30/1:40
- 100 IM @ 2:00