



Lisa's Swim Club Workouts

Coach Lisa Dunnivan

www.chateauwhite.com/swim

April 5, 2006: Wednesday

2400m

Warm up

400 Free
200 Choice

Pre-set

4 x 75 IM Order Fly, Back, Breast; Back, Breast, Free; Breast, Free, Fly; Free, Fly, Back

Main Set

8 x 75 Free Breath control on the 25's.
1st 25m - Breathe every 5 strokes
2nd 25m - Breathe every 7 strokes
3rd 25m - Breathe every 5 strokes

6 x 50 Back 25m 6 kicks per side, 25m swim

4 x 100 Free Build on the 50's

Cool Down

200 Choice Easy
