


## SWIM TEST

### **WORKOUT SETS**

<u>WARM UP</u>				<u>300</u>			<u>0</u>			<u>0</u>		
				Sets	Distance	Total						
	Freestyle			1	100	100						
	Kick			1	50	50						
	Freestyle			1	100	100						
	Kick			1	50	50						
<u>MAIN SET</u>				<u>1200</u>								
				Sets	Distance	Total						
500 ALL OUT // hit lap button before and after set				1	500	500						
Kickboard				1	50	50						
Easy Freestyle // 30 sec rest between sets				2	300	600						
Kickboard				1	50	50						
<u>COOL DOWN</u>				<u>500</u>								
				Sets	Distance	Total						
Easy Freestyle or Choice				2	250	500						