

# Today's Workout

## *Warmup, 2 sec tempo*

Warmup Set 1: 5 rounds

10 x 150 Kick on 00:02:00

15 x 100 Pull on 00:01:30

Warmup Set 2: 5 rounds

25 x 200 Kick on 00:03:00

## *Main Workout, 1.5 sec tempo*

Main Set 1: 3 rounds

20 x 50 Springs on the 50 on 00:00:50

10 x 200 Kick fast on 00:01:30

Main Set 2: 2 rounds

3 x 150 Pull on 00:01:45

Main Set 3: 4 rounds

8 x 200 Butterfly on 00:03:30

2 x 1000 Dolphin Dive on 00:15:00

## *Cooldown*

Chill: 1 rounds

1 x 500 Laps on 00:02:00