Print this out, place on a wet kickboard. The paper should stay on the kickboard when wet and act like a tablet.

**30 Minute Swim Workout**

You will need a kickboard and pull-buoy for this workout. Your pool facilities should have these available. If not, you can do everything swim.

**Warm-up**

1 x 150 Freestyle

1 x 100 Pull

1 x 50 Kick

**Main Set**

4 x 75 Freestyle       Descend #1-4     @ 10 seconds rest (Descend here means start slow and make each 75 faster than the previous)

1 x 50 Easy------------**This is your recovery/rest period. Take as much time as you need before beginning the next section---------------------**

4 x 50 Freestyle       #1-2, 80% intensity   @ 10 seconds rest

 #3-4, 90% intensity     @ 10 seconds rest

1 x 50 Easy

4 x 25 Fast Kick        Fast         @ 5 seconds rest

 Total: 1000 yds or meters

If you are at 20 minutes or around there, you may wish to continue below. If you are at 25-30 minutes, begin your cool down. A cool down is whatever you need to release lactic acid, stretch, and allow your body to regain stasis.

**Main Continued**

3 x 125 Individual Medley by 50      85% intensity     @ 30 seconds rest

**50 fly**, 25 back, 25 breast, 25 free.......25 fly, **50 back**, 25 breast, 25 free........25 fly, 25 back, **50 breast**, 25 free

**Cool down**

                                Total: 1375 yds or meters