

LABOR DAY WORKOUT

WARM UP:

200 SWIM

6 x 50 KICK, PULL, SWIM

MAIN SET:

3x

25 FLY	+	100 FREE
50 BACK	+	75 FREE
75 BREAST	+	50 FREE
100 I.M.	+	25 FREE

- TRY TO DO SET ON INTERVAL,
MAYBE :30 SEC / 25

- CREDIT: MODIFIED FROM
"SWIMPLIFLY" ON INSTAGRAM

WARM DOWN:

8 x 50

START FAST + GRADUALLY SLOW

LABOR
DAY

9/7/20