

Workouts: 18 Swimming Workouts from 100 to 500

#1	(100)	4 x 25 with no more than 20 breathes	rest
#2	(100)	4 x 25 with no more than 15 breathes	rest
#3	(150)	6 x 25 with no more than 20 breathes	rest
#4	(150)	6 x 25 with no more than 15 breathes	rest
#5	(200)	8 x 25 15 breathes	rest
#6	(200)	1 x 50 20 breathes	rest
		6 x 25 15 breathes	rest
#7	(250)	1 x 50 20 breathes	rest
		8 x 25 15 breathes	rest
#8	(250)	1 x 50 15 breathes	rest
		8 x 25 15 breathes	rest
#9	(300)	2 x 50 20 breathes	rest
		8 x 25 15 breathes	rest
#10	(300)	2 x 50 15 breathes	rest
		8 x 25 15 breathes	rest
#11	(350)	2 x 50 10 breathes	rest
		10 x 25 15 breathes	rest
#12	(350)	1 x 75 20 breathes	rest
		1 x 25 15 breathes	rest
		3 x 50 15 breathes	rest
		6 x 25 15 breathes	rest
#13	(400)	1 x 75 20 breathes	rest
		1 x 25 15 breathes	rest
		2 x 50 15 breathes	rest
		6 x 25 15 breathes	rest

#14	(400)	1 x 75	20 breathes	rest
		1 x 25	15 breathes	rest
		3 x 50	15 breathes	rest
		6 x 25	15 breathes	rest
#15	(450)	2 x 75	20 breathes	rest
		2 x 25	15 breathes	rest
		3 x 50	15 breathes	rest
		6 x 25	10 breathes	rest
#16	(450)	2 x 75	15 breathes	rest
		2 x 25	15 breathes	rest
		4 x 50	15 breathes	rest
		2 x 25	5 breathes	rest
#17	(500)	2 x 75	15 breathes	rest
		2 x 25	15 breathes	rest
		4 x 50	10 breathes	rest
		4 x 25	5 breathes	rest
#18	(500)	1 x 100	20 breathes	rest
		2 x 75	15 breathes	rest
		2 x 25	15 breathes	rest
		2 x 50	10 breathes	rest

Mix these work outs in order or mix them up for variety!