**Workout #3: Breathe & Catch**

Before the Workout, please watch:

* **Armstroke**: http://www.youtube.com/watch?v=gO5PBl9BvFw
* **Early Vertical Forearm**: http://www.youtube.com/watch?v=ZTQpF\_mmg44

**WARM UP: 600 yds.**

* 200s
* 200 catch up drill w/fins + snorkel: USE YOUR PULL BUOY AS A KICK BOARD
* 200s NO FREE!

**With fins (repeat 2 x)**

**First pass w/fins**

**Second pass: no fins!! 500 yds**

**5 x 50, rest :15 this way:**

* 25 Kick on side, bottom arm extended over head, top arm by side [SWIM 25 freestyle]
* 25 R arm only freestyle (breathe every stroke, non-breathing arm is overhead)
* 25 L arm only (see above), 25 freestyle back
* 25 catch up freestyle, 25 Freestyle back
* 50 swim EASY freestyle

**[REPEAT]**

**WORKOUT: 800 yds.**

**Rest: just long enough to take fins on/off ☺ or about :10-:15 seconds**

50 easy

100 w/fins

150 easy

200 w/fins

150 easy

100 w/fins

50 w/fins

**4 x 25 SPRINT!!!! 1:00 rest**

**Cool Down:** 100 Easy

**TOTAL YARDAGE: 2,100 yards (1 mile = 1,760 yards)**