**Workout #11: Unsinkable**

Before the Workout, please watch:

* **Stop Sinking:** https://www.youtube.com/watch?v=w7ETlhaMsEk&index=2&list=PLvYvcYBO7AyGuTr5CDCwDqo6RynLWKse4
* **Long Dog Paddle Drill:** https://www.youtube.com/watch?v=txfN2rtlsxo

**WARM UP: 700 yards**

* 300 slow, easy freestyle
* 300 pull with paddles & buoy, slow and easy
* 100 another stroke (breaststroke, backstroke)

**Drills 300 yards**

**Repeat 3x, rest :10 on all**

**3 x 50: 25 Long dog paddle drill, HEAD UP!!! Swim 25**

**3 x 50: 25 CATCH UP STROKE, 25 swim**

**WORKOUT: 1000 yards**

**Repeat 4 times:**

* 100 kick on side w/fins: eyes & face looking DOWN, body on angle/side, bottom arm extended, FINGERS OPEN!! FACE SAME SIDE on all
* 200 swim freestyle, every 4th 25 FAST
* 50 PULL (BUOY ONLY), HARD
* rest :30, repeat

**Relays??**

**TOTAL YARDAGE: 2,000 yards (1 mile = 1,760 yards)**