



Masters Swim Workout

Course: 25 Yard	Distance: 2,500
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Warm Up (600)

Inter. Beg.
300 Choice @ 5:00 | 5:30

4 x 75 Choice @ 1:30 | 2:00

Set (1,700)

Inter. Beg.
2 x 50 Free @ 1:00 | 1:30

400 Free @ 6:15 | 6:45

3 x 50 Free @ :55 | 1:05

300 Free @ 5:00 | 5:30

4 x 50 Free @ :50 | 1:00

200 Free @ 3:15 | 3:45

5 x 50 Free @ :45 | :55

100 Free @ 1:45 | 2:00

Cool Down (200)

4 x 50 Choice Kick/swim by 25



Masters Swim Workout

Course: 25 Yard	Distance: 2,500
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Warm Up (650)

	Inter.	Beg.
200 Choice	@ 3:30	4:00
100 Kick	@ 2:15	2:45
4 x 50 Choice	@ 1:00	1:30 <i>IMO 25 drill+25 swim</i>
4 x 25 Choice	@ :30	1:00 <i>descend</i>
50 Choice	@ 1:30	<i>EASY</i>

Set (1,650)

	Inter.	Beg.
25 Choice	@ :30	1:00 <i>EASY</i>
50 Choice	@ :50	1:20 <i>MOD</i>
75 Choice	@ 1:15	1:45 <i>MOD PLUS</i>
100 Choice	@ 1:40	2:10 <i>FAST</i>
200 Choice	@ 3:20	3:50 <i>RACE</i>
300 Choice	@ 6:00	6:30 <i>EASY</i>
2 x 200 Choice	@ 3:20	3:50 <i>RACE</i>
2 x 100 Choice	@ 1:40	2:10 <i>FAST</i>
2 x 75 Choice	@ 1:15	1:45 <i>MOD PLUS</i>
2 x 50 Choice	@ :50	1:20 <i>MOD</i>
2 x 25 Choice	@ :30	1:00 <i>EASY</i>

Cool Down (200)

200 Choice



Masters Swim Workout

Course: 25 Yard	Distance: 3,850
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Warm Up (650)

	Inter.	Beg.
200 Choice	@ 3:30	4:00
100 Kick	@ 2:15	2:45
4 x 50 Choice	@ 1:00	1:30 <i>IMO 25 drill+25 swim</i>
4 x 25 Choice	@ :30	1:00 <i>descend</i>
50 Choice	@ 1:30	2:00 <i>EASY</i>

Set (3,000)

	Inter.	Beg.
100 Kick	@ 2:00	2:30
100 IM	@ 1:35	2:05
100 Free	@ 1:25	1:55
100 Back	@ 1:35	2:05
100 Free	@ 1:25	1:55
2 x 100 Kick	@ 2:05	2:35
2 x 100 IM	@ 1:40	2:10
2 x 100 Free	@ 1:30	2:00
2 x 100 Back	@ 1:40	2:10
2 x 100 Free	@ 1:30	2:00
2 x 100 Kick	@ 2:10	2:40
2 x 100 IM	@ 1:45	2:15
2 x 100 Free	@ 1:35	2:05
2 x 100 Back	@ 1:45	2:15
2 x 100 Free	@ 1:35	2:05

Cool Down (200)

200 Choice