



Masters Swim Workout

Course: 25 Yard	Distance: 2,300
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Warm Up (600)

Inter. Beg.
200 Choice @ 3:30|4:00
4 x 50 Choice @ 1:15|1:45 *Scull/Swim by 25 or all Scull*
200 Choice @ 3:30|4:00

Set (1500)

Inter. Beg.
3 x 50 Breast @ 1:05|1:35
4 x 100 Free @ 1:35|2:05
6 x 50 Kick @ 1:15|1:45
4 x 100 Free @ 1:35|2:05
3 X 50 Breast @ 1:05|1:35
REST @ 1:00
100 Choice @ 1:45|2:15

Cool Down (200)

200 Choice



Masters Swim Workout

Course: **25 Yard**

Distance: **2,300**

Warm Up (800)

	Inter. Beg.
200 Choice	@ 3:30 4:00
200 Kick	@ 4:00 4:30
200 Pull	@ 3:30 4:00
200 Choice	@ 3:30 4:30

Set (1,200)

	Inter. Beg.
150 Choice	@ 2:20 2:50
300 Pull	@ 5:00 5:30
150 Choice	@ 2:20 2:50
200 Pull	@ 3:30 4:00
150 Choice	@ 2:20 2:50
100 Pull	@ 1:40 2:10
150 Choice	@ 2:20 2:50

Cool Down (300)

6 x 50 Choice *Drill swim by 25*



Masters Swim Workout

Course: 25 Yard	Distance: 2,450
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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 (1,600)

	Inter.	Beg.
4 x 50 Free	@ 1:00	1:30 <i>RACE</i>
100 Choice	@ 2:30	3:00 <i>EASY</i>
4 x 50 Free	@ 1:00	1:30 <i>FINS RACE</i>
100 Choice	@ 2:30	3:00 <i>EASY</i>
3 x 50 Breast	@ 1:00	1:30 <i>RACE</i>
100 Choice	@ 2:00	2:30 <i>EASY</i>
3 x 50 Breast	@ 1:00	1:30 <i>FINS RACE (FREE KICK WITH BREAST ARMS)</i>
100 Choice	@ 2:00	2:30 <i>EASY</i>
2 x 50 Back	@ 1:00	1:30 <i>RACE</i>
100 Choice	@ 2:00	2:30 <i>EASY</i>
2 x 50 Back	@ 1:00	1:30 <i>FINS RACE (FREE KICK WITH BREAST ARMS)</i>
100 Choice	@ 2:00	2:30 <i>RACE</i>
2 x 50 Fly	@ 1:00	1:30 <i>FIRST 50 WITHOUT FINS SECOND 50 WITH FINS</i>

Cool Down (200)

200 Choice