



Masters Swim Workout

| | |
|------------------------|------------------------|
| Course: 25 Yard | Distance: 2,750 |
|------------------------|------------------------|

Warm Up (2,750)

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

4 x 75 Choice @ 1:30|2:00 *KICK, SWIM, KICK BY 25*

Set ()

3 x 200 Free Inter. Beg.
@ 3:15|3:45

12 x 25 Choice @ :40|1:10

3 x 100 Free @ 1:30|2:00

12 x 25 Choice @ :40|1:10

3 x 50 Free @ 1:15|1:45 *AS FAST AS YOU CAN GO! USE THE REST TO RECOVER*

12 x 25 Choice @ :40|1:10

Cool Down (200)

200 Choice



Masters Swim Workout

| | |
|------------------------|------------------------|
| Course: 25 Yard | Distance: 3,050 |
|------------------------|------------------------|

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 | @ 1:20 | 1:50 <i>EASY</i> |

Set (2,200)

| | Inter. | Beg. |
|----------------|--------|-------------------|
| 200 Back | @ 3:35 | 4:05 <i>MOD</i> |
| 2 x 100 Back | @ 1:45 | 2:15 <i>BUILD</i> |
| 4 x 50 Back | @ :55 | 1:35 <i>RACE</i> |
| 200 Choice | @ 3:35 | 4:05 <i>EASY</i> |
| 200 Breast | @ 3:35 | 4:05 <i>MOD</i> |
| 2 x 100 Breast | @ 1:45 | 2:15 <i>BUILD</i> |
| 4 x 50 Breast | @ :55 | 1:35 <i>RACE</i> |
| 200 Choice | @ 3:35 | 4:05 <i>EASY</i> |
| 200 Free | @ 3:35 | 4:05 <i>MOD</i> |
| 2x 100 Free | @ 1:45 | 2:15 <i>BUILD</i> |
| 4 x 50 Free | @ :55 | 1:35 <i>RACE</i> |

Cool Down (200)

200 Choice



Masters Swim Workout

| | |
|------------------------|------------------------|
| Course: 25 Yard | Distance: 2,700 |
|------------------------|------------------------|

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 (1,700)

| | Inter. Beg. |
|-------------------|---------------|
| 3 x 3 x 50 Free | @ :55 1:35 |
| 2 x 100 Free | @ 1:30 2:00 |
| 150 Free | @ 2:15 2:45 |
| | REST @ :30 |
| 200 Choice | @ 3:00 3:30 |

Cool Down (200)

4 x 50 Choice *Kick/Swim by 25*