



Masters Swim Workout

Course: 25 Yard	Distance: 2,650
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Warm Up (300)

Inter. Beg.
300 Choice @ 6:00 | 6:45

Set (2,050)

Inter. Beg.
3 x 200 Free @ 3:30 | 4:00
3 x 150 Free @ 2:30 | 3:00
8 x 50 kick @ 1:15 | 1:30
3 x 125 Free @ 2:15 | 2:45
3 x 75 Free @ 1:45 | 2:00

Cool Down (300)

6 x 50 Choice



Masters Swim Workout

Course: **25 Yard** Distance: **2,400**

Warm Up (600)

300 Choice @ 5:15 | 5:30
Inter. Beg.

6 x 50 Choice @ 1:00 | 1:15 Drill/Swim

Set (1,600)

400 IM @ 8:30 | 9:00
Inter. Beg.

4 x 50 Free @ :55 | 1:10

300 IM @ 6:30 | 7:00

4 x 50 Free @ :55 | 1:10

200 IM @ 4:30 | 5:00

4 x 50 Free @ :55 | 1:10

100 IM @ 2:30 | 3:00

Cool Down (200)

200 Choice



Masters Swim Workout

Course: 25 Yard	Distance: 3,050
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Warm Up (650)

Inter. Beg.
200 Choice @ 3:30 | 3:45
100 Kick @ 2:15 | 2:45
4 x 50 Choice @ 1:00 | 1:15
4 x 25 Choice @ :30 | 1:00
50 Choice @ 1:00 | 1:30

Set (2,200)

Inter. Beg.
4 x 200 Choice @ 4:15 | 4:30
100 Choice @ 2:00 | 2:30
3 x 200 Choice @ 3:10 | 3:30
100 Choice @ 2:00 | 2:30
2 x 200 Choice @ 3:05 | 3:35
200 Choice @ 3:00 | 3:30

Cool Down (200)

200 Choice