

Masters Swim

June 22nd – 28th

| | Back & Free | Breast & Free | Distance/Open Water |
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| Warm-up | 200 s, FR, easy 100 k, FR / BK, easy 4 x 50 s, (down BK, back FR), r=:15 | 150 s, FR, easy 150 k, (75 FR + 75 BR) 2 x 50 s (BK / FR) 80%, r=:15 | 300 s, FR, eyes closed under water, lift head to sight 100 k, YC |
| Workout | 10/8/8/4/4/4 x 50 p, 25 BK/25 FR, on: 1:00 1:05 1:15 1:20 1:40 1:50 4/3/3/2/2/2 x 100 k, (50 BK, 50 YC) on: 2:10 2:20 2:30 2:45 3:15 3:30 12/10/10/6/6/6 x 25 s, BK, on: :35 :40 :45 :45 :50 1:00 12/10/10/6/6/6 x 25 s, FR, sprints :30 :35 :40 :40 :45 :50 | 4 x 150 s, (100 FR + 50 BR) on: 2:30 2:40 2:50 3:20 3:45 4:00 4 x 50 k, (down FR, back BR) on: 1:10 1:20 1:30 1:40 1:50 2:00 4 x 150 s, (100 BR + 50 FR) on: 2:45 3:00 3:15 3:45 4:15 4:30 4 x 50 k, (down FR, back BR) on: 1:10 1:20 1:30 1:40 1:50 2:00 | 5/5/3/3/2/2 x 300 s, FR, on: 4:20 4:40 5:10 5:30 6:45 7:15 4 x 25 s, FR, r = YC --eyes closed, lift head to sight 3/3/2/2/1/1 x 500 s, FR, on/target: (pace) 7:00/6:30 8:00/7:30 9:00/8:20 (1:18) (1:30) (1:40) 10:00/9:10 10:25 12:30 (1:50) (2:05) (2:30) |
| Cool Down | 200 /100/100/150/150/150 | 200 yards easy | 100/ 100 / 200 / 200 / 150 / 150 |
| Yards | 1 ¼ / 1 / 1 / ¾ / ¾ / ¾ miles | 2200 = 1 ¼ miles | 2 / 2 / 1 ½ / 1 ½ / 1 / 1 miles |
| Notes & Events | <p>Meeting/Dinner this Wednesday (6/24), 6pm at Denny's. PLEASE try to be there. RSVP to me ASAP ☺</p> <p>Lake Padden triathlon this Saturday! Join us for a potluck/BBQ and volleyball. Check your email for details.</p> <p>Yes, we'll still be swimming at Padden on Sunday as usual.</p> | | |