

Masters Swim

Week of: July 6th – 20th

	Distance Freestyle	Lots of kicking	Distance Freestyle
Warm-up	200 s, FR, easy 200 k, YC, easy	200 s, FR, easy 200 k, YC, easy	150 k, YC, easy 200 s, FR, easy 150 p, FR, moderate
Workout	Swim nonstop for 40 minutes and see how far you can go. Goal distances: 3000 2700 2500 2050 1700 1500	5 x 50 flutter kick (side, front or back) NO BOARDS on: 1:00 1:10 1:20 1:40 2:00 2:15 200 s, FR, easy 5 x 50 kick, BR, on back or front, on: 1:10 1:20 1:30 1:45 2:10 2:20 200 s, FR, easy 5 x 50 kick, dolphin, on back or front, on: 1:00 1:10 1:20 1:40 2:00 2:15	4 x 200 s, FR, target / on: 2:30/2:45 2:45/3:00 3:15/3:30 3:45/4:00 4:45/5:00 5:00/5:15 2 x 400 s, FR, target / on: 5:15/5:45 5:40/6:00 6:00/6:30 7:45/8:15 9:45/10:15 10:30/11:00 1 x 800 s, FR, target: 10:45 11:45 12:30 16:00 20:00 23:00
Cool Down	150 s, YC, easy	200 s, YC, easy	200 s, YC, easy
Yards	Varies	1750 yds = 1 mile	3100 yds = 1 ¾ miles
Notes & Events	Clear Lake Triathlon registration due this Friday, July 10 th Shannon will be out of town from Wednesday, 7/8 through Monday, 7/13		