

Masters Swim

Week of July 20th – 26th

	Shorter Stuff	IM Work	Open Water/distance
Warm-up	150 kick, YC, easy 200 s, FR, easy 6 x 25 s, 90 %, r = :10	200 s, FR, easy 200 IM kick 4 x 25 s, IM order, moderate, r = :15	400 yards, whatever works best for you
Workout	20 17 14 11 8 8 x 150** s, on: 2:30 3:00 3:15 3:45 4:15 5:00 ** odds FR, evens YC	6 x 100 IM swim, broken at 25 for :05 on: 2:00 2:10 2:20 2:40 3:00 3:20 3 x 200 s**, r = :30, goals: 2:50 3:05 3:20 3:40 4:20 5:00 **odd lengths IM order, evens FR	1 x 500 s, moderate, goal times: 7:00 7:30 8:00 9:30 11:45 13:30 --practice lifting head to sight without breaking rhythm 300 kick, FR, no board, fins ok 4 x 200 s, FR, on: 3:00 3:15 3:30 4:15 5:00 6:00 1 x 500 s, 90%, goal times: 6:45 7:15 7:45 9:10 11:25 13:15
Cool Down	100 yds easy, YC	100 yds easy, YC	150 yds easy, YC
Yards	2 / 1 ¾ / 1 ½ / 1 ¼ / 1 / 1 mi.	1800 yds = 1 mile	2650 yds = 1 ½ miles
Notes & Events	<p>Elk Lake entries must be postmarked by Monday, 7/20 or you will pay a \$10 late fee.</p> <p>Lake Padden 2.5 k (1 ½ mi) or 5k (3 mi) entries were due 7/17 but you can still sign up—you just won't get the "commemorative mesh bag"</p> <p>Congrats to all the Clear Lake triathletes! Results are posted on the wall. Padden results coming soon.</p>		