

Masters Swim

Week of August 10th – 16th

	Shorter Free	IM Work	Distance Freestyle
Warm-up	200 s, FR, easy 150 k, FR, easy 3 x 50 p, FR, r = :15, moderate	200 IM kick, easy 100 FR swim 200 IM swim, easy, s/a fly ok	150 k, YC, easy 200 s, FR, easy 150 p, FR, moderate
Workout	6 x 50 kick **, r = :20 ** 8 hard dolphin kicks off each wall, easy flutter in the middle 6 x 100 s, FR, build **, on: 1:45 1:50 2:00 2:15 3:00 3:30 ** build = get steadily faster within each 100 1 x 200 s, FR, all out, goal: 2:20 2:40 3:10 3:30 4:15 4:45	5 / 3 / 3 / 2 / 2 / 2 sets of : 25 FLY rest = :20 between each <i>swim</i> 50 BK 75 BR 100 FR 75 BK rest 1-2 minutes between <i>sets</i> 50 BR 25 FLY	4 x 200 s, FR, target / on: 2:30/3:00 2:45/3:15 3:00/3:30 3:45/4:15 4:45/5:15 5:15/6:00 2 x 400 s, FR, target / on: 5:15/6:00 6:00/6:30 6:20/7:00 7:45/8:30 10:00/11:00 11:00/12:00 1 x 800 s, FR, target: 10:50 12:15 13:00 16:00 21:00 23:30
Cool Down	200 yds, YC, easy	150 / 100 / 100 / 100 / 100 / 100	200 s, YC, easy
Yards	1800 yds = 1 mile	1 ½ / 1 / 1 / ¾ / ¾ / ¾ mi.	3100 yds = 1 ¾ miles
Notes & Events	Congratulations to everyone who competed this weekend! Results will be posted on the wall soon!		