

Masters Swim

Week of August 17th – 23rd

	Sprint Freestyle	Shorter IM stuff	Distance Free
Warm-up	500 yds, whatever works best for you	200 s, FR, easy 300 yds, YC, mix it up	400 yds, whatever works best for you
Workout	<p>4 x 50 kick, no board/no fins, on: 1:00 1:10 1:20 1:30 1:45 2:00</p> <p>12 x 25 s, r = :20, breaths/length= For first 4 lengths: 2 2 3 3 5 7 For second 4 lengths: 1 1 2 2 4 6 For third 4 lengths: 0 0 1 1 3 5</p> <p>6 x 50 s, r=YC, goal: :35 :38 :40 :45 1:00 1:20 breathe as little as possible</p>	<p>4 sets of: 5 4 4 3 3 3 x 100 s**, r=:30 **odd sets = freestyle ** even sets = IM</p> <p>Goals for freestyle swims: 1:15 1:25 1:35 1:50 2:15 2:45 Goals for IM swims: 1:30 1:40 1:50 2:10 2:40 3:10</p>	<p>3 x 10 minute swims, r=about 1:00</p> <p>Goal distances in yards: 775 675 650 600 400 350</p>
Cool Down	150 s, YC, easy	150 100 100 100 100 100	150 YC easy
Yards	1750 yds = 1 mile	1 ½ 1 ¼ 1 ¼ 1 1 1 miles	distance varies
Notes & Events	<p>Pool Closure: Starting after lap swim this Saturday (8/22) the pool will be closed for maintenance until 8/31.</p> <p>I will not be at Padden this coming Sunday (8/23)</p> <p>Open water practice at Lake McMurray this Wednesday at 6pm. 4 spots left (private park). RSVP to me if you're interested.</p>		