

# Masters Swim

August 31<sup>st</sup> – September 20<sup>th</sup>

	Pull & Kick -- Freestyle	Longer IM stuff	Distance Freestyle
Warm-up	200 s, FR, easy 150 k, YC, easy 150 p, FR, easy	150 s, FR, easy 200 k, IM order, easy 150 p, BK/BR/FR, moderate	200 s, FR, easy 150 k, YC, easy 150 p, FR, moderate
Workout	8 x 25 kick, no board or fins, on: :30 :35 :40 :45 :45 :50  4 x 100 pull, FR, buoy ok, r = :20 strokes per length goal: <15 <16 <17 <20 <24 <28  8 x 25 kick, r = :20, 6 underwater dolphin kicks start each length  7 x 50 s, sprints, r = YC, goal: <:30 <:33 <:35 <:45 <1:00 <1:20	5 5 4 3 3 3 x 100 IM, on: 2:00 2:10 2:20 2:45 3:15 4:00  3 3 2 2 2 2 x 200 IM, on: 4:00 4:15 4:30 5:15 6:15 7:30  2 2 2 1 1 1 x 400 IM ** **broken at 50s for :10	R = YC 100 1:17 1:25 1:30 1:50 2:15 2:40 200 2:34 2:50 3:00 3:40 4:30 5:20 300 3:51 4:15 4:30 5:30 6:45 8:00 400 5:08 5:40 6:00 7:20 9:00 500 6:25 7:05 7:30 400 5:08 5:40 6:00 7:20 300 3:51 4:15 4:30 5:30 6:45 8:00 200 2:34 2:50 3:00 3:40 4:30 5:20 100 1:17 1:25 1:30 1:50 2:15 2:40
Cool Down	150 s, YC, easy	250 250 100 150 150 150	100 100 100 150 100 100
Yards	1800 yds = 1 mile	1 ½ 1 ½ 1 ¼ 1 1 1 mi	1 ¾ 1 ¾ 1 ¾ 1 ½ 1 ¼ 1 mi
Notes & Events	<p>I'll be down in San Diego for a race and a bit of a vacation from 9/2 – 9/16. Back in the water on Thursday, 9/17.</p> <p>Lake Martha (Snohomish) open water races on September 4<sup>th</sup> (¼, ½, or 1 mi). See our website for details.</p> <p>Is anybody free Saturday, 9/19? I need a support crew for a long swim I'd like to do. Please email me!</p>		