

Masters Swim

Week of September 21st – 27th

	IM Work	Terminology	Freestyle
Warm-up	300 s, FR, every 4 th 25 = YC 200 k, IM order	I'll be starting to use some new abbreviations in the workouts so I thought I'd recap the ones we have been using and add some new stuff:	500 yds: mix of S / K / P, do what works best for you
Workout	1 x 200 IM kick, easy, no boards 3 x 200 s, r = :30 --1 st & 3 rd IM, 2 nd = FR 5 x 100 s, r = :20 --odds IM, evens FR 1 x 200 IM kick, easy, no boards	S = swim K = kick P = pull FR = Freestyle BR = Breaststroke BK = Backstroke FLY = Butterfly YC = Your Choice DPS = distance per stroke. Work on getting more distance w/each stroke. BUILD = get progressively faster BASE = the fastest pace/100 that you could sustain for 10 x 100, r = :15 Drill: DR	10 x 100 s, r = :15, at the fastest pace you can sustain for all 10. That's your base pace. Did you sustain your pace for all 10? If not, slow up & try again. If so..... 2 x 300 s, FR, r = :30 at BASE pace + :05.
Cool Down	200 yds easy		100 yds easy
Yards	2200 = 1 ¼ miles		Distance Varies
Notes & Events	<p>First meet of the season: BAMfest on Saturday, October 10th. Entries due Oct. 3rd. See email for entry forms. YOU MUST BE A REGISTERED USMS SWIMMER TO COMPETE. Link on website soon.</p> <p>Flip turn clinic this Saturday, 9/26, from 8 to 9am. Come learn how or make your current turn more efficient.</p>		