

Masters Swim

Week of October 5th – 11th

	Freestyle & IM	Mid-Distance FR	Short Axis—BR & FLY
Warm-up	200 s, FR, easy 200 IM kick, easy 100 s, IM order, moderate	500 yds -- mix of kick / pull / swim whatever works best for you	200 s, FR, easy 150 k, 75 Fly + 75 BR, easy 150 s, 75 s/a FLY + 75 BR
Workout	12 x 50 s, r = :20 --odd 50s IM order --even 50s FR All FR except as noted: 150 s, middle 50 YC, rest :15 200 s, middle 100 = IM, rest :30 300 s, middle 200 = IM, rest :45 200 s, odd 25s IM order, rest :30 150 s, middle 100 an IM	3 x 200 s, at base pace - :02, r = :45 8 x 25 k, hard, no fins or boards, on: :30 :40 :45 :55 :50 :50 6 x 100 s, r = :20 --odds at base pace + :03 --evens at base pace - :03 200 k, easy, no boards, fins ok	400 kick, (200 Fly + 200 BR), --fins & boards ok --THINK FORM 10 x 25 s, FLY, r = :15 --fins ok, Focus on Form 10 x 25 s, BR, r = :15 --fins ok, focus on DPS 6 x 100 s, r = :30 --25 Fly + 75 BR --Focus on fast, LEGAL turns
Cool Down	100 yds YC, easy	100 yds YC, easy	200 yds YC, easy
Yards	2200 yds = 1 ¼ miles	2200 yds = 1 ¼ miles	2200 yds = 1 ¼ miles
Notes & Events	<p>Good Luck to Jennifer, Belinda, Jessie, Shannon, Kerry, Rob, Jim K, and Ron this weekend at the BAMfest meet!</p> <p>Diving practice at Anacortes tomorrow (Tuesday 10/6) from 5:30—6:30pm. Bring \$7.</p>		