

Masters Swim

October 12th – 18th

	Sprint Freestyle	Mixed Strokes	Long axis—FR & BK
Warm-up	150 k, FR, easy 150 p, FR, easy 4 x 50 s, 90%, r = :15	150 s, FR, easy 150 k, YC, easy 200 s, mix strokes, 75%	100 k, 50 BK = 50 FR, moderate 4 x 50 p, alt BK/FR/BK/FR, r = :15 4 x 50 s, 25 BK + 25 BR, r = :15
Workout	6 x 50 k, see below, r = :30 --hard underwater dolphin off each wall. Maintain streamline with upper body. 8 x 75 s, hard/easy/hard r = :30 --good turns, tight streamline 3 x 100 s, base -- :06, r = 1:00	10 / 6 x 200 s, (see below), r = :30 50 YC hard + 100 FR easy + 50 YC hard	6 x 50 k, see below, r = :30 --hard underwater dolphin off each wall on side or back, maintain streamline w/ torso 6 x 50 pull, alt BK/FR, r = :20 --concentrate on good form 6 x 100 s, 25BK + 50FR + 25 BK, --fast turns, tight streamlines --at 90% of race pace, r = :30
Cool Down	100 YC easy	100 YC easy	100 YC easy
Yards	1800 yds = 1 mile	2600 / 1800 = 1 ½ / 1 miles	1800 yds = 1 mile
Notes & Events	<p>Congratulations to Jessie, Jennifer, Belinda, Kerry, Rob, Ron, and Jim K for their performances at the Bainbridge meet on Saturday! Results will be posted on the wall soon. Thanks bunches to Rick and Duane for all their help with timing, splits, etc.</p>		