

Masters Swim

November 30th – December 6th

	Sprint Freestyle	IM Work	Active Recovery FR
Warm-up	200 s, FR, easy 6 x 50, (25 kick + 25 swim), 90%, r = :15	100 IM kick, easy 250 s, FR, easy 150 s, BK/BR/FR	100 k, YC, easy 200 s, FR, easy 200 p, odd 50s hard, evens easy
Workout	6 x 50 kick, no board/no fins, on: 1:10 1:15 1:20 1:30 1:45 2:00 16 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 6 x 50 s, r=YC, goal: :35 :38 :40 :45 1:00 1:20 breathe as little as possible	2 x 150 s, FR/YC/FR, r = :20 100 IM kick 2 x 200 s, (50 FR-100 IM-50 FR), r=:20 100 IM kick 3 x 200 s, r = :30 --odd 25s IM order, HARD --even 25s FR, recovery pace	KEEP MOVING! Stop only long enough to check the clock. r = 50 s, YC, <u>SLOW</u> 2 x 400 s, FR, target: 5:10 5:50 6:30 7:30 10:00 11:00 4 x 200 s, FR, target: 2:30 2:45 3:10 3:40 4:50 5:10 1 x 400 s, FR, target: 5:06 5:45 6:25 7:25 9:50 10:40
Cool Down	150 yds, YC, easy	200 yds, YC, easy	150 yds, YC, easy
Yards	1750 yds = 1 mile	2200 yds = 1 ¼ miles	2650 yds = 1 ½ miles
Notes & Events	<p>Congratulations to those who competed at our Oak Harbor meet on the 22nd. Results will be posted soon!</p> <p><u>Plan Ahead!</u> Our next meet will be in Anacortes on January 10th!</p>		