

2009.04.28
Masters Workout
Thursday, 7:30pm

Focus: Head position, pacing

Warmup

200 swim/200 K/200 drill/200 Swim

Drill Set

head progression = for the length of the 25, move your head through these positions::

Start tarzan drill → eyes at ~30-45 degrees ahead → eyes down

4x50 25 head progression/25 perfect free ir10

4x50 25 SC/25 perfect Free ir10

4x50 25 636/25 build ir 15 (can be Back or Free)

X3

Distance Set

1x300 Free – ir 15 – steady pace

1x200 Free – ir 30 – push a little faster

1x100 Swim, perfect stroke (doesn't have to be free) ir 30

Cooldown Set

100 swim

100 kick

Total Yardage: 3400 yards