

2009.05.06

Masters Workout AM

Warmup: 500 yards

150 swim/100 K/150 pull/100 swim

Drill Set: 600 yards

1 x 75 (50K/50 Drill) ir :15

1 x 50 (25 drill/25 swim) ir :10

1 x 25 swim ir :05

X4

Main Set: 2400 yards

6 x 400 ir 1:00

Broken: 50/100/50/150/50

Breathe every 3 for 100/150s

#1 50's are fingertip drag free

#2 50's are SC

#3 50's are sprint

#4 with fins – 50's are sprint K

#5 50s are SC

#6 50's are breathe 5

Cooldown: 100 yards easy

Total: 3600