

2009.05.07

Masters Workout PM

Warmup: 750 yards

100 swim

50 K

150 swim

100 drill

200 pull

150 K

Drill Set: 1200 yards

Focus: breathing, sighting

4 x 25 Tarzan drill ir 10

4 x 50 (25 sight the cone/25 SC) ir10

4x75 (25 6-3-6/25 FR/25 6-3-6) ir20

X 2

Main Set: 1000 yards

Focus: Breathing

If needed, back off the pace to maintain the breath per stroke pattern

1 x 100 FR "3" ir 30

1 x 100 FR "5" ir 30

1 x 100 FR "7" ir 30

1 x 100 FR "5" ir 30

1 x 100 FR "3" ir 1:00

X 2

Kick set: 600 yards

Focus: Vertical kicking!

For vertical kick 50s, swim down to deep end, kick upright for interval, then swim

back. Hands up for added challenge. Flutter or fly K.

1 x 50 vertical kick 15s

1 x 50 vertical kick 30s

1 x 50 vertical kick 15s

X4

Cooldown: 250 yards easy

Total: 3800 yards