



MASTERS Swim Workouts – Week of Monday January 7th, 2018

Workout A	Workout B	Workout C
<p>MONDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT A</p> <p>START WARM-UP BY 6:35 PM</p> <p>WARM-UP (600m) 300 Fist Freestyle (Pull with “Arm” Surface Area) 100 Pull 100 IM Swim</p> <p>-----</p> <p>SET 1 – FR SET 6 x 100 FR Swim @ 2:00 Desc 1-3 x 2 *Increase effort with “steadier” kicking</p> <p>-----</p> <p>SET 2 – STEADY GRIND</p> <p>15min Continuous & Sustainable: 50m Kick 25m FL 25m FR, Count Strokes 25 Non FR Swim 75 CH Swim</p> <p>-----</p> <p>COOLDOWN 100m Scull, at least 50m Feet First</p> <p>2500m Total</p>	<p>MONDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT B</p> <p>START WARM-UP BY 6:35 PM</p> <p>WARM-UP (500m) 200 Fist Freestyle (Pull with “Arm” Surface Area) 100 Pull 100 IM Swim</p> <p>-----</p> <p>SET 1 – FR SET 5 x 100 FR Swim @ 2:30-2:45 Desc 1-5 *Increase effort with “steadier” kicking</p> <p>-----</p> <p>SET 2 – STEADY GRIND</p> <p>15min Continuous & Sustainable: 50m Kick 25m FL 25m FR, Count Strokes 25 Non FR Swim 75 CH Swim</p> <p>-----</p> <p>COOLDOWN 100m Scull, at least 50m Feet First</p> <p>2050m Total</p>	<p>MONDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT C</p> <p>START WARM-UP BY 6:35 PM</p> <p>WARM-UP (500m) 200 Fist Freestyle (Pull with “Arm” Surface Area) 100 Pull 100 IM Swim</p> <p>-----</p> <p>SET 1 – FR SET 8 x 50 FR Swim @ 10-15sec Rest, Desc 1-4 x 2 *Increase effort with “steadier” kicking</p> <p>-----</p> <p>SET 2 – STEADY GRIND</p> <p>15min Continuous & Sustainable: 50m Kick 25m FL 25m FR, Count Strokes 25 Non FR Swim 75 CH Swim</p> <p>-----</p> <p>COOLDOWN 100m Scull, at least 50m Feet First</p> <p>1700m Total</p>



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<p>MONDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT A “FASTEST”</p> <p>LANES 3-4-5 (Numbers Dependent) START WARM-UP BY 6:35 PM START MAIN SETS TOGETHER AS GROUP</p> <p>WARM-UP (500m) 1 x 200 (50 FR/50 BK) – Decrease Stk Count by 25 1 x 100 CH Pull 8 x 25 @ 15sec Rest Odd – CH Even – FL Swim or RAM or Underwater Kick</p>	<p>MONDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT B “FASTER”</p> <p>LANES 4-5-6 (Numbers Dependent) START WARM-UP BY 6:35 PM START MAIN SETS TOGETHER AS GROUP</p> <p>WARM-UP (400m) 1 x 200 (50 FR/50 BK) – Decrease Stk Count by 25 8 x 25 @ 15sec Rest Odd – CH Even – FL Swim or RAM or Underwater Kick</p>	<p>MONDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT C “FAST”</p> <p>LANE 7-8 (Numbers Dependent) START WARM-UP BY 6:35 PM START MAIN SETS TOGETHER AS GROUP</p> <p>WARM-UP (300m) 1 x 100 (50 FR/50 BK) – Decrease Stk Count by 25 8 x 25 @ 15sec Rest Odd – CH Even – FL Swim or RAM or Underwater Kick</p>
<p><u>MAIN SETS – START TOGETHER AS FULL GROUP</u></p> <p>6 x 25 Tombstone (aka Plow) FR Kick Fast! 2 @ 1:00 2 @ :50 2 @ :40 ~2:00 Rest/Reset 4min Kick for Max Distance ~2:00 Rest/Reset 6min Pull or 100 IM’s (Swimmer’s Choice) For Max Distance ~2:00 Rest/Rest 8min FR Swim for Max Distance ~2:00 Rest/Rest 8 x 25 CH Swim Fast! 2 @ 1:00 2 @ :50 2 @ :40 2 @ :30</p> <p>Relay (Time Permitting) + Cooldown: 100-200 EZ Choice</p>		