



MASTERS Swim Workouts – OYO WORKOUT (PROVINCIALS TOOK POOL TIME)

Workout A	Workout B
<p>OYO WORKOUT</p> <p>MASTERS WORKOUT A “FASTEST”</p> <p><u>WARM-UP (600m) Start by 6:35</u> 400 FR (75 Archer Drill/25 Swim) 100 Scull (Focus on High Elbows) 100 KWB, Last 25 Fast!</p>	<p>OYO WORKOUT</p> <p>MASTERS WORKOUT B “FASTER”</p> <p><u>WARM-UP (500m) Start by 6:35</u> 300 FR (75 Archer Drill/25 Swim) 100 Scull (Focus on High Elbows) 100 KWB, Last 25 Fast!</p>
<p><u>SET 1 (900m)</u> 16 x 50 CH Swim 3 @ 1:20, Hold Fastest Possible Average (FPA) 1 @ 2:00, Smooth Technique/Active Recovery 1:00 Extra Rest 1 x 100 FR Fast! (Know Your Time)</p>	<p><u>SET 1 (900m)</u> 16 x 50 CH Swim 3 @ 1:20, Hold Fastest Possible Average (FPA) 1 @ 2:00, Smooth Technique/Active Recovery 1:00 Extra Rest 1 x 100 FR Fast! (Know Your Time)</p>
<p><u>SET 2 – Mix (900m)</u> Three Rounds: 1 x 100 IM Swim Strong @ 2:00 1 x 100 IM Drill Smooth @ 2:00 1 x 50 Kick Fast @ 1:00 1 x 50 Swim Smooth @ 1:00</p> <p>COOLDOWN 4 x 25 FR or BK or BR, Decrease Stk Count by 25</p> <p>2500m Total</p>	<p><u>SET 2 – Mix (600m)</u> Two Rounds: 1 x 100 IM Swim Strong @ 2:40 1 x 100 IM Drill Smooth @ 2:40 1 x 50 Kick Fast @ 1:20 1 x 50 Swim Smooth @ 1:20</p> <p>COOLDOWN 4 x 25 FR or BK or BR, Decrease Stk Count by 25</p> <p>2100m Total</p>