



MASTERS Swim Workouts – Week of Monday December 3rd, 2018

Workout A	Workout B	Workout C
<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 (600m) 4 x 100 SKID @ 10sec Rest *SKID = (Swim, Kick, IM, Drill by 100) 1 x 200 FR, Increase Speed by 50</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 (500m) 4 x 100 SKID @ 10sec Rest *SKID = (Swim, Kick, IM, Drill by 100) 1 x 100 FR, Increase Speed by 25</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 (400m) 4 x 100 SKID @ 10sec Rest *SKID = (Swim, Kick, IM, Drill by 100)</p>
<p>Set 1 – 10-Minutes Continuous Relay “X” by 25’s Swim for 10-Minutes for Max Distance as a Team</p> <p>*Mix up or stay in your lanes</p>		
<p>SET 2 – FR SET (1700m) Two Rounds (1st Round Pull, 2nd Round Swim) 1 x 300 FR @ 5:00, Negative Split 2 x 200 FR @ 3:15, Desc 1-2 3 x 50 FR @ 1:10, AFAP 1:00 Rest</p> <p>-----</p> <p>COOLDOWN 1 x 100 1-Arm Fly Drill (Think About Kick Timing)</p> <p>2400m + Relay Total</p>	<p>SET 2 – FR SET (32 Minutes + 1300m) Two Rounds (1st Round Pull, 2nd Round Swim) 1 x 200 FR @ 4:00-4:30, Negative Split 2 x 150 FR @ 3:00-3:20, Desc 1-2 3 x 50 FR @ 1:20, AFAP 1:00 Rest</p> <p>-----</p> <p>COOLDOWN 1 x 100 1-Arm Fly Drill (Think About Kick Timing)</p> <p>1900m + Relay Total</p>	<p>SET 2 – FR SET (1000m) Two Rounds (Pull Optional on 1st Round) 1 x 200 FR @ 5:00 or 20sec Rest, Negative Split 1 x 150 FR @ 4:00 or 20sec Rest, Desc 1-3 by 50 3 x 50 FR @ 1:30 or 10sec Rest, AFAP 1:00 Rest</p> <p>-----</p> <p>COOLDOWN 1 x 100 1-Arm Fly Drill (Think About Kick Timing)</p> <p>1500m + Relay Total</p>



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<p>WEDNESDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT A “FASTEST”</p> <p>LANES 4-3 (Numbers Dependent) START WARM-UP BY 6:35 PM START SET 1 & SET 2 TOGETHER AS GROUP</p> <p>WARM-UP (550m) 500 FRIM *FRIM = FR/BK/BR/FR (No Fly IM) 2 x 25 FL Fast @ 15sec Rest</p> <p>-----</p> <p>SET 1 – Mega Mini Sets (1950m) 1 x 400 (as 100 FRIM x 4) Continuous + Neg Split</p> <p>Rest/Reset as Group</p> <p>12 x 25 FL Fast 4 @ :40 4 @ :35 4 @ :30</p> <p>1:30 Rest</p> <p>3 x 400 (200 Reverse IM/100 FR/100 IM) @ 7:00, Dec 1-3</p> <p>2:00 Rest</p> <p>1 x 50 Choice Fast from Dive</p> <p>-----</p> <p>COOLDOWN Work on Flip Turn</p> <p>2500m Total</p>	<p>WEDNESDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT B “FASTER”</p> <p>LANES 5-6 (Numbers Dependent) START WARM-UP BY 6:35 PM START SET 1 & SET 2 TOGETHER AS GROUP</p> <p>WARM-UP (450m) 400 FRIM *FRIM = FR/BK/BR/FR (No Fly IM) 2 x 25 FL Fast @ 15sec Rest</p> <p>-----</p> <p>SET 1 – Mega Mini Sets (1550m) 1 x 400 (as 100 FRIM x 4) Continuous + Neg Split</p> <p>Rest/Reset as Group</p> <p>8 x 25 FL Fast 4 @ :50 4 @ :45</p> <p>1:30 Rest</p> <p>3 x 300 (100 Reverse IM/100 FR/100 IM @ 7:00, Dec 1-3</p> <p>2:00 Rest</p> <p>1 x 50 Choice Fast from Dive</p> <p>-----</p> <p>COOLDOWN Work on Flip Turn</p> <p>2000m Total</p>	<p>WEDNESDAY – 6:30-7:30PM</p> <p>MASTERS WORKOUT C “FAST”</p> <p>LANE 7 (Numbers Dependent) START WARM-UP BY 6:35 PM START SET 1 & SET 2 TOGETHER AS GROUP</p> <p>WARM-UP (450m) 400 FRIM *FRIM = FR/BK/BR/FR (No Fly IM) 2 x 25 FL Fast @ 15sec Rest</p> <p>-----</p> <p>SET 1 – Mega Mini Sets (1050m) 1 x 200 (as 100 FRIM x 2) Continuous + Neg Split</p> <p>Rest/Reset as Group</p> <p>8 x 25 FL Drill or Swim Fast 4 @ :50 or :15 Rest 4 @ :45 or :10 Rest</p> <p>1:30 Rest</p> <p>3 x 200 (50 BR/200 FR) @ 5:00 or :20 Rest, Desc 1-3</p> <p>2:00 Rest</p> <p>1 x 50 Choice Fast from Dive</p> <p>-----</p> <p>COOLDOWN Work on Flip Turn</p> <p>1500m Total</p>



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<p>FRIDAY – 6:00-7:00AM</p> <p>MASTERS WORKOUT A</p> <p>START WARM-UP BY 6:05 AM</p> <p><u>WARM-UP (600m) Start by 6:05</u> 1 x 200 Choice Swim 1 x 200 Pull 1 x 100 Scull 1 x 100 Kick</p> <p>-----</p> <p><u>MAIN SET (1900m)</u> 8 x 50 BK or BR @ 1:15, Desc 1-4 x 2 1:00 Rest + Put Fins On 5 x 100 (25 FL/50 FR/25 FL) w/ Fins @ 2:00, Dec 1-5 1:00 Rest + Fins Off 5 x 200 CH Swim or Pull @ 3:20-3:40, Desc 1-5</p> <p>-----</p> <p><u>COOLDOWN</u> 200 EZ BK Swim</p> <p>2700m Total</p>	<p>FRIDAY – 6:00-7:00AM</p> <p>MASTERS WORKOUT B</p> <p>START WARM-UP BY 6:05 AM</p> <p><u>WARM-UP (500m) Start by 6:05</u> 1 x 200 Choice Swim 1 x 100 Pull 1 x 100 Scull 1 x 100 Kick</p> <p>-----</p> <p><u>MAIN SET (1400m)</u> 6 x 50 BK or BR @ 1:30, Desc 1-3 x 2 1:00 Rest + Put Fins On 3 x 100 (25 FL/50 FR/25 FL) w/ Fins @ 2:30, Dec 1-3 1:00 Rest + Fins Off 4 x 200 CH Swim or Pull @ 4:00-4:30, Desc 1-4</p> <p>-----</p> <p><u>COOLDOWN</u> 200 EZ BK Swim</p> <p>2100m Total</p>	<p>FRIDAY – 6:00-7:00AM</p> <p>MASTERS WORKOUT C</p> <p>START WARM-UP BY 6:05 AM</p> <p><u>WARM-UP (500m) Start by 6:05</u> 1 x 200 Choice Swim 1 x 100 Pull 1 x 100 Scull 1 x 100 Kick</p> <p>-----</p> <p><u>MAIN SET (1100m)</u> 4 x 50 BK or BR @ 1:30 or 10sec Rest, Desc 1-4 1:00 Rest + Put Fins On 3 x 100 (25 FL/50 FR/25 FL) w/ Fins @ 2:40, Dec 1-4 1:00 Rest + Fins Off 3 x 200 FR Swim or Pull @ 4:00 or 15sec Rest, Desc 1-3</p> <p>-----</p> <p><u>COOLDOWN</u> 100 EZ BK Swim</p> <p>1700m Total</p>