



2019 SPRING BREAK ON YOUR OWN WORKOUTS

Workout A	Workout B
<p><b>MASTERS WORKOUT A</b></p> <p><b><u>WARM-UP (500m) Start by 6:35</u></b> 200 FR 200 Choice w/ Fins 4 x 25 FL w/ Fins, Desc 1-4 @ 10sec Rest -----</p> <p><b><u>SET 1 – 150’s SET (~28 Minutes + 1500m)</u></b> 10 x 150     3 (100 Kick/50 FR) @ 3:10     3 (100 IM/50 FR) @ 2:40     30sec Extra Rest     4 Pull @ 2:30, Desc 1-4 -----</p> <p><b><u>SET 2 – Intervals Set (15 Mins + 700m)</u></b> 12 x 50 @ 1:00     Odd – FR Smooth (Low SC)     Even – FR Sprint! 1:00 Rest 1 x 100 FR Fast for Time (Dive Encouraged!) -----</p> <p><b><u>COOLDOWN</u></b> 4 x 25 Swim BR Low SC Per 25</p> <p><b>2800m Total</b></p>	<p><b>MASTERS WORKOUT B</b></p> <p><b><u>WARM-UP (500m) Start by 6:35</u></b> 200 FR 200 Choice w/ Fins 4 x 25 FL w/ Fins, Desc 1-4 @ 10sec Rest -----</p> <p><b><u>SET 1 – 150’s SET (~28 Minutes + 1200m)</u></b> 8 x 150     3 (100 Kick/50 FR) @ 3:20     2 (100 IM/50 FR) @ 3:00     30sec Extra Rest     3 Pull @ 2:40, Desc 1-3 -----</p> <p><b><u>SET 2 – Intervals Set (13 Mins + 500m)</u></b> 8 x 50 @ 1:00 or 1:10     Odd – FR Smooth (Low SC)     Even – FR Sprint! 1:00 Rest 1 x 100 FR Fast for Time (Dive Encouraged!) -----</p> <p><b><u>COOLDOWN</u></b> 4 x 25 Swim BR Low SC Per 25</p> <p><b>2300m Total</b></p>



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<p><b>WARM-UP (550m)</b> 500 FRIM *FRIM = FR/BK/BR/FR (No Fly IM) 2 x 25 FL Fast @ 15sec Rest</p> <p>-----</p> <p><b><u>SET 1 – Mega Mini Sets (~45 Minutes + 2150m)</u></b> 6 x 100 1 @ 1:30 FR Swim 1 @ 1:45 (50 Kick/50 Swim) 1 @ 2:00 FRIM (FR-BK-BR-FR by 25)</p> <p>2:00 Rest</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><b>COOLDOWN</b> 4 x 25 BK Smooth Low S.C.</p> <p><b>2800m Total</b></p>	<p><b>WARM-UP (450m)</b> 400 FRIM *FRIM = FR/BK/BR/FR (No Fly IM) 2 x 25 FL Fast @ 15sec Rest</p> <p>-----</p> <p><b><u>SET 1 – Mega Mini Sets (~45 Minutes + 1750m)</u></b> 6 x 100 1 @ 1:45 FR Swim 1 @ 2:00 (50 Kick/50 Swim) 1 @ 2:15 FRIM (FR-BK-BR-FR by 25)</p> <p>2:00 Rest</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><b>COOLDOWN</b> 4 x 25 BK Smooth Low S.C.</p> <p><b>2300m Total</b></p>



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<p><b><u>WARM-UP (500m) Start by 6:05</u></b> 1 x 200 Zipper FR Drill (Good Lines!) 1 x 200 Pull w/ PB Low (Squeeze!) 2 x 50 R.A.M. or FL @ 10sec Rest</p> <hr/> <p><b><u>MAIN SET (2000m)</u></b> <b>Four Rounds:</b> 1 x 200 Fast @ 20sec Rest 1 x 150 Fast @ 15sec Rest 1 x 100 Fast @ 10sec Rest 1 x 50 Fast @ 5sec Rest 90-120sec rest between rounds</p> <p><b>R1 = Non FR</b> <b>R2 = FR Swim or Pull</b> <b>R3 &amp; R4 = CH with Fins</b></p> <hr/> <p><b><u>COOLDOWN</u></b> 3 x 100 FR Smooth, Ascend 1-3 (Get Slower)</p> <p><b>2800m Total</b></p>	<p><b><u>WARM-UP (500m) Start by 6:05</u></b> 1 x 200 Zipper FR Drill (Good Lines!) 1 x 200 Pull w/ PB Low (Squeeze!) 2 x 50 R.A.M. or FL @ 10sec Rest</p> <hr/> <p><b><u>MAIN SET (1500m)</u></b> <b>Three Rounds:</b> 1 x 200 Fast @ 20sec Rest 1 x 150 Fast @ 15sec Rest 1 x 100 Fast @ 10sec Rest 1 x 50 Fast @ 5sec Rest 90-120sec rest between rounds</p> <p><b>R1 = Non FR</b> <b>R2 = FR Swim or Pull</b> <b>R3 = CH with Fins</b></p> <hr/> <p><b><u>COOLDOWN</u></b> 3 x 100 FR Smooth, Ascend 1-3 (Get Slower)</p> <p><b>2300m Total</b></p>