



MASTERS Swim Workouts – Week of Monday May 6<sup>th</sup>, 2019

MASTERS WORKOUT A “FASTEST”	MASTERS WORKOUT B “FAST”
<p><b><u>OYO WORKOUT (TCC POOL CLOSED FOR SYNCHRO NATS)</u></b></p> <p><b><u>WARM-UP (600m) Start by 6:35</u></b> 1 x 200 Zipper FR Drill (Good Lines!) 1 x 200 IM Drill 8 x 25 KWB (Alt. Fast/EZ) @ 15sec Rest</p> <p>-----</p> <p><b><u>SET 1 (~18 Minutes + 800m)</u></b> <b>Four Rounds:</b> 3 x 25 @ :40     1 DPS     1 Build     1 Sprint 1 x 125 FR Smooth @ 2:30</p> <p>-----</p> <p><b><u>SET 2 (26 Mins + 1200m)</u></b> <b>Four Rounds w/ Fins:</b> 2 x 25 FL Fast @ :40 1 x 50 FR Low Stroke Count @ 1:10 1 x 200 FR @ @ 3:00, Desc 1-4 by Round     *Extra 1min Rest before Last 200</p> <p>-----</p> <p><b><u>COOLDOWN</u></b> 1 x 100 Fist FR Pull (Focus on Forearm Pull)</p> <p><b>2700m Total</b></p>	<p><b><u>OYO WORKOUT (TCC POOL CLOSED FOR SYNCHRO NATS)</u></b></p> <p><b><u>WARM-UP (600m) Start by 6:35</u></b> 1 x 200 Zipper FR Drill (Good Lines!) 1 x 100 IM Drill 8 x 25 KWB (Alt. Fast/EZ) @ 15sec Rest</p> <p>-----</p> <p><b><u>SET 1 – FR SET (~18 Minutes + 800m)</u></b> <b>Four Rounds:</b> 3 x 25 @ :40     1 DPS     1 Build     1 Sprint 1 x 125 FR Smooth @ 2:30</p> <p>-----</p> <p><b><u>SET 2 (26 Mins + 900m)</u></b> <b>Three Rounds w/ Fins:</b> 2 x 25 FL Fast @ :40 1 x 50 FR Low Stroke Count @ 1:10 1 x 200 FR @ @ 3:40, Desc 1-3 by Round     *Extra 1min Rest before Last 200</p> <p>-----</p> <p><b><u>COOLDOWN</u></b> 1 x 100 Fist FR Pull (Focus on Forearm Pull)</p> <p><b>2100m Total</b></p>



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<p><b><u>OYO WORKOUT (TCC POOL CLOSED FOR SYNCHRO NATS)</u></b></p> <p><b><u>WARM-UP (700m)</u></b> 4 x 100 Zipper FR @ 10sec Rest *Focus on High Elbow + Tight Lines 3 x 100 IM @ 15sec Rest, Desc 1-3 -----</p> <p><b><u>SET 1 – Mix</u></b> 12 x 25 BK Swim Sprint! 4 @ :35 – Focus on Powerful &amp; Deep Pushoffs 4 @ :30 4 @ :25 1 x 100 FR Smooth @ 2:00 1 x 300 Kick Fast for Time *Focus on keeping your hips up! -----</p> <p><b><u>SET 2 – 10 Minute Swim For Max Distance</u></b> <b>10:00 Timed Swim for Max Distance</b> -----</p> <p><b><u>COOLDOWN</u></b> Your choice for time remaining</p> <p><b>1400m + 10min Distance + Cooldown</b></p>	<p><b><u>OYO WORKOUT (TCC POOL CLOSED FOR SYNCHRO NATS)</u></b></p> <p><b><u>WARM-UP (600m)</u></b> 4 x 100 Zipper FR @ 10sec Rest *Focus on High Elbow + Tight Lines 2 x 100 IM @ 15sec Rest, Desc 1-2 -----</p> <p><b><u>SET 1 – Back Attack</u></b> 12 x 25 BK Swim Sprint! 4 @ :35 – Focus on Powerful &amp; Deep Pushoffs 4 @ :30 4 @ :25 1 x 100 FR Smooth @ 2:30 1 x 200 Kick Fast for Time *Focus on keeping your hips up! -----</p> <p><b><u>SET 2 – 10 Minute Swim For Max Distance</u></b> <b>10:00 Timed Swim for Max Distance</b> -----</p> <p><b><u>COOLDOWN</u></b> Your choice for time remaining</p> <p><b>1200m + 10min Distance + Cooldown</b></p>