

Masters Set: Sunday 25th February 2018

Warm Up

2x {200 free on 4:30
150 back on 3:30
100 breast on 2:45
50 butterfly (25 stroke/25 drill) on 1:00

Total: 1000

Main Set

10 minutes of whistle kick (fast/slow)

4 x 50 pull (free/back) on 2:45

8x {50 easy on 1:00
25 sprint on 30 secs

12x 25 (12.5 arms sprint/12.5 legs sprint) on 45, 50
4 x 100 (50 drill/50 easy) choice on 2:30

Tug O'War (board in the middle kick against it)

Cool Down

100 free
100 pull
100 KOB

Total: varies for kick 2800