

Sunday March 4th Masters Set

Warm Up

1000 IM
400 IM- fly 3/3/3
-30 secs rest-
300 IM- pull
-30 secs rest-
200 IM- kick
-30 secs rest-
100 IM-swim

Main Set- Yellow Brick Road

4 x 100 (50 sprint/50 easy) 2 free, 2 ch. on 1:45, 2:00-----→ 8 x 50 (free/back) on 45, 50

3 x 100 free catch drill on 1:45 -----→ 6 x 50 (25 breast/ 25 free) work turn on 50, 1:00

2 x 100 back drill on 1:45 -----→ 4 x 50 IM on 50, 1:00

1 x 100 ch. sprint timed-----→ 2 x 50 easy on 1:00

Turns and Dives??

Cool Down

100 free

100 back

50 KOB

Total: 3250