

Master's Swimming Workout- April

Workout Options: **Level 1 (1500 yards)**, **Level 2 (2200 yards)**, **Level 3 (3000 yards)**

Pool Length = 25 yards, 50 = 2 lengths, 75= 3 lengths, 100= 4 lengths, 200 = 8 lengths

CH = Choice of stroke, ST= Anything but Freestyle

FR- Freestyle, BK-Backstroke, BR-Breaststroke, FL-Butterfly

Equipment Needed- Fins and Kickboard

Warm Up –	Non-stop and Easy - 100 Freestyle, 100 Backstroke, 100 Breaststroke, 100 Freestyle (400 yds)
Endurance Work-	Level 1 Option – 100 Kick with a Board CH, 100 Swim CH (600 yds)
	Level 2 Option – 200 Kick with a Board CH, 200 Swim CH (800 yds)
	Level 3 Option - 4 X 100 Kick CH with Board 20 sec rest after each 100 4 X 100 Swim CH 30 sec rest after each 100 (1200 yds)
Speed Work w/Fins-	FINS ON
	Level 1 – 8 X 25 Even FR, Odd BK w/fins 20 sec rest after each 25 (800 yds)
	Level 2 – 16 X 25 Even FR, Odd BK with fins 15 sec rest after each 25 (1200 yds)
	Level 3 – 10 X 50 Even FR, Odd BK with fins 20 sec rest after each 50 (1700 yds)
	FINS OFF
Heart Rate Work -	Level 1 – 12 X 25 Odd FAST FR, Even Easy BR, 10 sec rest after each 25 (1100 yds)
	Level 2 – 10 X 50 (Lap 1-BR, Lap 2- FAST FR) 15 sec rest after each 50 (1700 yds)
	Level 3 – 10 X 75 (Lap 1- BK, Lap 2-BR, Lap 3-FAST FR) 15 sec rest after each 75 (2450 yds)
Cool Down -	Easy and Slow - 100 BR Kick with Board, 100 BR Swim, 100 BK kick no Board, 100 BK Swim Level 1 (1500 yds) Level 2 (2100 yds) Level 3 (2850 yds)