

(Sample Workout)  
**MASTERS AM**  
**MONDAY**

<b>10 MINUTES GENERAL WARM UP</b>		<b>600</b>
<b>1 x 200</b>	@ 3:00 free swim	
<b>4 x 75</b>	@ 1:10/1:15 80%	
<b>1 x 200</b>	@ 3:00 free swim	
<b>3 x 100</b>	@ 1:30/1:40 90%	
<b>1 x 200</b>	@ 3:00 free swim	
<b>1 x 300</b>	<b>FAST</b>	
		<b>1500</b>
<b>6 x 75</b>	@ 1:15 25 drill/25 no breath/25 fast	
		<b>450</b>
<b>1 x 900</b>	400 swim(80%)/50 fast kick/400 swim(100%)/50 fast kick	
<b>1 x 700</b>	300 swim(80%)/50 fast kick/300 swim(100%)/50 fast kick	
<b>1 x 500</b>	200 swim(80%)/50 fast kick/200 swim(100%)/50 fast kick	
		<b>2100</b>
<b>5 x 100</b>	@ 1:20 Pull	
		<b>500</b>
	<b>TOTAL YARDAGE</b>	<b>5150</b>

**(Sample Workout)  
MASTERS AM  
WEDNESDAY WORKOUT**

**10 MINUTES GENERAL WARM UP**

**600**

**8 x 125**    2 @ 1:50    swim  
                 1 @ 2:00    IM  
                 1 @ 2:10    Kick

**15 x 50**    1-5 Fly        (1-4 fly/free by 25 flutter kick on fly 5 FAST)  
                 1-5 Back      (1-4 back with a pull bouy 5 FAST)  
                 1-5 Breast    (1-4 Breast/free by 25 flutter kick on breast 5 FAST)

**Main Set (Do these 2 times)**

**2 x 100**    IM@ 1:45    Best AVG  
**4 x 75**    @ 1:15      1 ez, #2-4 Spring free  
**6 x 50**    @ 1:00      Odds drill swim, Evens sprint

**Sub Set (Do these 2 times)**

**3 x 50**    @ 1:00      back  
**1 x 25**    @.30        Fast kick  
**1 x 25**    @.30        Fast Swim

**TOTAL YARDAGE**

**4250**

**(Sample Workout)  
MASTERS AM  
FRIDAY WORKOUT**

<b>10 MINUTES GENERAL WARM UP</b>			<b>600</b>
4 x 125	@ 1:50/2:00	free swim	
4 x 50	@ 1:00	kick	
4 x 100	@ 1:30/1:40	IM or Back	
4 x 50	@ 1:00	kick	
4 x 75	@ 1:00/1:10	free swim	
4 x 50	@ 1:00	kick	
			<b>1750</b>
10 x 25	@ .40	FAST SWIM (dive)	
1 x 100	@ 1 per lane in heats		
10 x 25	@ .40	FAST SWIM (dive)	
			<b>1100</b>
300	ez pull		
2 x 25	sprint		
300 ez	pull		
			<b>650</b>
		<b>TOTAL YARDAGE</b>	<b>4100</b>