



Masters Swim Programme

Total Distance: 100 lengths (2500m)

Warm up:

10 lengths any stroke (250m)

~~~~~

### **Main:**

5x50m sprints 15sec between each (250m)

1 min rest between each set

- 10 lengths legs only with a kick board (250m)
  - 20 lengths full front crawl (500m)
- 10 lengths arms only with pull buoy (250m)
  - 20 lengths back crawl (250m)

5x100m sprints 30sec between each (500m)

~~~~~

Cool down:

10 lengths any stroke (250m)