



# Atherton Mountaineers Masters Swimming Inc.



Programme: Happy New Year

Squad: Adult Fitness

Coach: Kim Christie

Reps	Distance	Stroke	Rep Time	Comment
<b>Warm Up</b>				
1	400	EZ Choice Swim		Slower swimmers 200 only
1	100	Fin Kick		
1	100	Pull		
8	25	Fr Build ↑      Form Build ↓	00:45	
<b>Main Set</b>				
1	200	Freestyle      50/50/50/50	04:40	/ = 10R Try and swim each effort a bit faster than normal swimming pace. The goal is to swim the final effort faster than normal. Some swimmers may need fins to hold pace (based on 60 cycle for 50m)
1	200	Freestyle      50/50/100	04:40	
1	200	Freestyle      50/100/50	04:40	
1	200	Freestyle      100/50/50	04:40	
1	200	Freestyle      200	04:40	
1	100	Freestyle      25/25/25/25	02:20	/ = 10R Try and swim each effort a bit faster than normal swimming pace. The goal is to swim the final effort faster than normal. Some swimmers may need fins to hold pace (based on 60 cycle for 50m)
1	100	Freestyle      25/25/50	02:20	
1	100	Freestyle      25/50/25	02:20	
1	100	Freestyle      50/25/25	02:20	
1	100	Freestyle      100	02:20	
<b>Warm Down</b>				
4	50	Pull		own pace
1	200	Jog/Swim/Jog		Have a chat

**Total                    2700**

*This programme was originally set for a welcome back after a New Years break. The overall goal of the programme is to work at a slightly higher pace than normal. The rest periods within the main set should allow a little bit of recovery between efforts.*

**Keep smiling and remember that Masters Swimming is all about chatting with your mates and having fun while getting a little bit fitter.**