



Atherton Mountaineers

Masters Swimming Inc.



Programme: The Abyss

Squad: Adult Fitness

Coach: Kim Christie

Reps	Distance	Stroke	Rep Time	Comment
Warm Up				
1	300	EZ Choice Swim		Slower swimmers 200 only
8	25	Fr Build ↑ Form Build ↓	00:45	
Main Set				
1	400	Swim		General Notes All swum at your own pace Use Fins for as much of the swim as you like. Take at least a 10 sec rest between each activity. (More if you need it) Shorten the last 400m up if you are running out of time. Enjoy your time in the pool.
1	300	Swim		
1	200	Swim		
1	100	Swim		
1	50	Swim		
1	25	Swim		
1	25	Swim		
1	50	Swim		
1	100	Swim		
1	200	Swim		
1	300	Swim		
1	400	Swim		
Warm Down				
2	25	Walk/Talk/Jog		Have a chat
Total	2700			

The overall goal of the programme is to swim continuously at your own pace and have a chat during the kick phases.

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