



# Atherton Mountaineers

## Masters Swimming Inc.



Programme: The Abyss With A Twist

Squad: Adult Fitness

Coach: Kim Christie

Reps	Distance	Stroke	Rep Time	Comment
<b>Warm Up</b>				
1	300	EZ Choice Swim		Slower swimmers 200 only
8	25	Fr Build ↑ Form Build ↓	00:45	
<b>Main Set</b>				
1	400	Swim		<b>General Notes</b> 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	Kick		
1	200	Swim		
1	100	Pull		
1	50	Swim (Turn @ bulkhead)		
1	25	Kick No Board		
1	25	Swim		
1	50	Pull (Turn @ Bulkhead)		
1	100	Swim		
1	200	Kick		
1	300	Swim		
1	400	Pull		
<b>Warm Down</b>				
2	25	Walk/Talk/Jog		Have a chat
<b>Total</b>	<b>2700</b>			

*The overall goal of the programme is to swim continuously at your own pace and have a chat during the kick phases. The original Abyss was all freestyle the twist incorporates a bit of Kick and Pull.*

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