



Atherton Mountaineers Masters Swimming Inc.



Programme: The Descender

Squad: Adult Fitness

Coach: Kim Christie

Reps	Distance	Stroke	Rep Time	Comment
Warm Up				
1	200	Fin Kick (EZ)	R10	
1	100	Swim	R10	Your choice of stroke
1	200	Pull (EZ)	R10	
1	100	Swim	R10	Your choice of stroke
8	25	Jog 12.5/ Swim 12.5	R10	
Main Set				
20	25	D1-20 Descend 1 to 20 (ie each 25 gets faster)	45 to 26	Start times for each rep are listed below.
1	200	Jog/Swim /Jog EZ		
2	350	50/50/45/45/30/30/25/25/20/20/5/5	8:00	<p>Each 350m is swum continuously turning at flags and mid pool without putting your feet on the bottom.</p> <ol style="list-style-type: none"> Swim to far end of pool and back to start, swim to far end of pool turn flag and back to start again, swim to turn flags just past half way and back to start, swim to middle of pool and back to start, swim to turn flags just before half way and back again, swim to first turn flag and back again. <p>That is the end of the first set.</p>
Warm Down				
1	200	Jog/Swim/Jog		

Total 2400

Start Times for Descending set (D1-20)

Rep	Rep Time	Clock Time	Rep	Rep Time	Clock Time
1	45	45	11	35	20
2	44	29	12	34	54
3	43	12	13	33	27
4	42	54	14	32	59
5	41	35	15	31	30
6	40	15	16	30	00
7	39	54	17	29	29
8	38	32	18	28	57
9	37	09	19	27	24
10	36	45	20	26	50

"Clock Time" is the time on the pace clock at the Deepend of the pool that each rep is started on.

Keep smiling and remember that Masters Swimming is all about having fun while getting fitter.