



Atherton Mountaineers Masters Swimming Inc.



Programme: The Libbynator

Squad: Adult Fitness

Coach: Kim Christie

Reps	Distance	Stroke	Rep Time	Comment
Warm Up				
1	400	EZ Choice Swim		
Main Set				
1	50	Freestyle		All swum at you own pace with as much rest as required between sets.
1	100	Pull		
1	150	Freestyle		
1	200	Pull		
1	250	Freestyle		
1	300	Pull		
1	400	Freestyle		Fins on from here down, all swum at your own pace with as much rest as required between sets. Reduce or drop the 400m if you need to swim a shorter programme.
1	300	Kick		
1	250	Freestyle		
1	200	Kick		
1	150	Freestyle		
1	100	Kick		
1	50	Freestyle		
Warm Down				
1	100	Jog/Swim/Jog		

Total 3000

This programme is Libby's absolute all time favourite. It allows her plenty of chat time. I always use this programme when Libby has just returned from a long trip away and there is just so much to say. The programme is best done with a partner so you don't end up spending too much time talking to yourself during all that fin kick.

*Please Enjoy
Cheers Kim*

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