



Virtual Open Water Swim Challenge

When: October 1st 2011 - March 31st 2012

Entry Chairman: Karen Reeder

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Enter online at:

Website: <http://usopenwaterswimming.org/>

Workout Sample: There will be three categories for each workout. Category A will be approximately 1300-1700 yards, category B about 2200-2700 yards and category C 3500-4000 yards.

- A) **200 swim warm-up choice**
300 swim @:20 rest, 2 x 50 – 1 easy/1 fast @:15 rest
200 swim @:20 rest, 4 x 50 – 1 easy/1 fast @:15 rest
100 swim @:20 rest, 6 x 50 – 1 easy/1 fast @:15 rest
100 warm-down
1500 yards
- B) **Warm-up 200 swim, 100 kick, 200 pull**
400 swim @:15 rest, 2 x 50 – 1 easy/1 fast @:15 rest
300 swim @:15 rest, 4 x 50 – 1 easy/1fast @:15 rest
200 swim @:15 rest, 4 x 50 – 1 easy/1 fast @:15 rest
100 swim @:15 rest, 2 x 50 – 1 easy/1 fast @:15 rest
200 warm-down
2300 yards
- C) **Warm-up 200 swim, 200 kick, 200 pull**
500 swim @:15 rest, 2 x 50 – 1 easy/fast @:15 rest
400 swim @:15 rest, 4 x 50 – 1 easy/1 fast @:15 rest
300 swim @:15 rest, 6 x 50 – 1 easy/1fast @:15 rest
200 swim @:15 rest, 8 x 50 – 1 easy/1 fast @:15 rest
100 swim @:15 rest, 10 x 50 – 1 easy/1 fast @:15 rest
Warm-down 200 swim choice
3800 yards