

Workout of the Month

This workout comes from the Facebook page of SwimMAC Carolina Masters. Thank you SwimMAC for sharing your workouts so generously!

It was written for long course meters, intervals are given for levels 1, 2 and 3

General warmup - 10 minutes

Set 1:

1 x 300 - alternating 100 free/ 100 back / 100 free

5:30 5:45 6:30

4 x 50 - IM Order Drill/Swim by 25

1:10 1:15 1:30

1 x 200 - alternating 50 free/50 back

3:30 3:45 4:30

2 x 50 - choice drill/swim by 25

1:10 1:15 1:30

Set II:

4 x 200 - First and Last 50 IM order strong (Level 3 does 2 x 400)

3:30 3:45

Rest 1:00

4 x 150 - First and last 25 IM order strong

2:30 2:45 3:45

Rest 1:00

4 x 100 Free

1:40 1:50 2:20

4 x 50 IM Order

1:00 1:10 1:30

Rest 1:00 - put on paddles and buoy

1 x 400 negative split free - get up and go!!!

Level 3 does 1 x 200

Cool down