

MASTERS SWIM CLUB

AT TORONTO PAN AM SPORTS CENTRE

Swim Workout #1

For the week ending Sunday, October 25, 2020

Today's Focus: "A Mixed Bag of Treats"

Set #	Set	Explanation	Distance
Warm-Up	Swim 300, 200, 100 Freestyle	30 Seconds rest between each. Nice long strokes	600
IM	Swim two sets of (4x75) Individual Medley	Each 75 is back, breast & free. No fly. Rest is 20 seconds between each swim and 1 minute between the two sets. Maintain consistent stroke count for breast/length	600
Kick	Kick 8x50 Choice @ 1:30 or 1:45	Hopefully you have a kick board. Choice of kick. Choose 1:30 or 1:45 interval depending on your own speed.	400
Free	P-S-P 3x300 Free	Pull 300 free with pull buoy; Swim 300 Free and Pull 300 Free @ 5:45 or 6:00 or 6:15. Choose the interval most suitable to you.	900
Total			2500

Have a great workout!

A couple of interesting links for you:

International Swim League has started in Hungary:
<https://isl.global>

Canadian Masters - 100 Fly
https://www.youtube.com/watch?v=2F7_D938i98

Masters Training:
<https://www.youtube.com/watch?v=0iw7M0wzpuc>

