



EALING MASTERS—SWIM PLAN—25m

MASTERS lite

300M: - AS 100M SWIM / 100M PULL / 100M KICK

900M: - AS 50m SWIM ON 1m.20ec / 100m SWIM ON 2.30sec

X 6

50m x 4 on 1m.15sec—arms only frontcrawl

x3 sets

Rest 1min between each set

50m x 4 on kick—choice stroke 1min 45 sec.

200m Kick or drill—choice stroke

2.2k

Warm down.... To 10.05pm