



EALING MASTERS—SWIM PLAN—25m

MASTERS lane 5

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

900M: - AS 50m SWIM ON 55 sec / 100m SWIM ON 1.45

X 6

50m x 4 on 1min —arms only frontcrawl

x3 sets

Rest 1min between each set.

50m x 4 on kick—choice stroke 1min 20 sec.

200m Kick or drill—choice stroke

200m - Swim full stroke , NOT frontcrawl

2.4k

Warm down.... To 10.05pm