



EALING MASTERS—SWIM PLAN—25m

MASTERS lane 6

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

600M: - AS 50m SWIM ON 50 sec / 100m SWIM ON 1.30

X 4

1 min rest and then REPEAT arms only

50m x 4 on 1min - IM medley order

x3 sets

Rest 1min between each set.

50m x 4 on drill or kick—choice stroke 1min 15sec.

X 2 SETS

200m - EASY Swim full stroke , NOT frontcrawl

200m - EASY Swim front crawl

2.9k

Warm down.... To 10.05pm