

Whitewater Swimming

Masters Free Workout Level 1

(INTERVALS MAY BE ADJUSTED TO FIT VARIOUS LEVELS OF ABILITY.)

Warmup:

200 FREE

200 PULL

200 KICK WITH FINN

MAINSET

10X 50 :55

8X 50 :50

4X 50 :45

2X 50 :40

1:00 REST

4X 100 1:40

2X 100 1:30

1X 100 1:20

1:00 REST

1X 300 5:00

1X 200 3:00

1X 100 1:20

3100 YARDS OR METERS

