

Navy Masters Lanes 1&2

W/U:

200m choice

100m kick

200m pull

4 x 100 (50 drill/50 swim)

[Catch up/finger drag/arm pit touches/catch up]

900

MAIN SET:

400 m swim strong (with fins) on 7:00

***Note your finish time**

2 x 50m DPS 1:20

2 x 200m fast (with fins) on 4:30

* beat 1/2 your 400m finish time

2 x 50m DPS 1:20

4 x 100m faster on 2:30

*beat 1/4 your 400m finish time

2 x 50m DPS 1:20

8 x 50m fastest on 1:45

*beat 1/8th your 400m finish time

2 x 50m DPS 1:20

2000

COOL DOWN:

200m kick with fins

200m swim

400

3300

Navy Masters Lanes 3 & 4

200m choice

100m kick

100m pull

3 x 100 (50 drill/50 swim)

[Catch up/finger drag/arm pit touches/catch up]

700

MAIN SET:

400 m swim strong (with fins) on 8:00

***Note your finish time**

2 x 50m DPS 1:30

2 x 200m fast (with fins) on 5:00

* beat 1/2 your 400m finish time

2 x 50m DPS 1:30

4 x 100m faster on 3:00

*beat 1/4 your 400m finish time

2 x 50m DPS 1:30

8 x 50m fastest on 2:00

*beat 1/8th your 400m finish time

2 x 50m DPS 1:30

2000

COOL DOWN:

200m swim

200
2900