

Halifax Chronos Masters Swim Club

August 17, 2015

Fit-Tech

100 Fs 100 Bk/Fs 100 Fs
100Br/Fs 100 Fs 500m

(8x50) 25 K 25 sw/25 sw 25k
on 1:20
4x75 25K;25SA;25 Sw on 1:40

150 - 25 scull on Bk 25 swim Fs

8x50 Fs on 1:20 Stroke count on
even # 50's

12 x 25 on 40E 3rd Fast

150 Warm down 2200m

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Mid - Dist

150 Fs 150 Bk/Fs 150 Fs
150Br/Fs 100 Fs 750m

(8x50) 25 K 25 sw/25 sw 25k
on 1:10
6x75 25K;25SA;25 Sw on 1:40

200 - 25 scull on Bk 25 swim Fs

12x50 Fs on 1:15 Stroke count
on even # 50's

10 x 25 on 35 E 3rd Fast

100 Warm down 2500m

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Endurance

150 Fs 150 Bk/Fs 150 Fs
150Br/Fs 150 Fs 750m

(10x50) 25 K 25 sw/25 sw 25k
on 1:10
8x75 25K;25SA;25 Sw on 1:40

200 - 25 scull on Bk 25 swim Fs

12x50 Fs on 1:15 Stroke count
on even # 50's

10 x 25 on 35 E 3rd Fast

100 Warm down 3000m