

Halifax Chronos Masters Swim Club

July 30, 2015

Fit-Tech

300 Swim every 4th 25 AoS

6x50 odd on 1:10 even on 1:20

4x150 - 50K 100Fs/AoS P on 3:15

4x50 odd on 1:10 even on 1:20

4x100 - 50K 50 AOS on 2:20

2x50 odd on 1:10 even on 1:20

12 x25 on 35 every 3rd 25 F

2200m

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Mid Dist

300 Swim every 4th 25 IM

6x75 odd on 1:25 even on 1:35

4x150 - 50K 100Fs/AoS P on 3:15

4x75 odd on 1:25 even on 1:35

4x100 - 50K 50 AOS on 2:15

2x75 odd on 1:25 even on 1:35

12 x25 on 35 every 3rd 25 F

2500m

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Distance

400 Swim every 5th 25 IM

6x100 odd on 1:45 even on 2m

4x150 50K 100IM P on 3:15

4x100 odd on 1:45 even on 2m

4x100 50K 50 AOS on 2:15

2x100 odd on 1:45 even on 2m

16 x25 on 30 every 3rd 25 F

3000m