

Lyons Masters Summer 2010

7-20-2010 - Tuesday

Warm Up

300/200 swim

4/3 x100 kick down / drill back

Main Set

5/4 x 400 on 5:20/6:00 1st 100 is fast/ solid pace for 300

Cool Down

200 easy

Total Yards: 2900/2300

Lyons Masters Summer 2010

7-22-2010 - Thursday

Warmup

400/300 free

300/200 pull

200/100 kick

Main Set

800/600 free

1:00 rest

200 drill down / free back

1:00 rest

800/600 free RACE PACE

Cool Down

100 easy

4 x 50 choice on 1:00/1:15

Total Yards: 3000/2300

Lyons Masters Summer 2010

7-24-2010 - Saturday

Last Practice of the Summer!

TBD!