

# Whitewater Swimming

## Masters Free Workout Level 2

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

### Warmup:

200 FREE

200 PULL

200 KICK WITH FINNS

### MAINSET

10X 50 1:05

8X 50 1:00

4X 50 :55

2X 50 :50

1:00 REST

4X 100 2:00

2X 100 1:50

1X 100 1:40

1:00 REST

1X 300 6:00

1X 200 3:45

1X 100 1:30

3100 YARDS OR METERS

