

September 2011

MAC Masters Coach Steve Clancy and his famous "W" workout! Enjoy..

Warmup:

200 Free, 100 stroke(non-free)
Repeat twice

Kick - warmup continued:

100 dolphin, 10 seconds rest
100 back, 10 seconds rest
100 breast, 10 seconds rest
100 free, 10 seconds rest

Main Set (the "W" workout):

<u>Qty</u>	<u>Distance</u>	<u>Stroke</u>	<u>Rest</u>	<u>Comments</u>
1	300	Free	20 secs	
1	150	Free	15 secs	
1	100	Free	10 secs	
1	50	Free	5 secs	
1	100	Pull Free EZ	30 secs	Active recovery
1	50	Stroke	5 secs	
1	75	Stroke	10 secs	
1	100	Stroke	10 secs	
1	150	Stroke	15 secs	
1	100	Stroke	10 secs	
1	75	Stroke	10 secs	
1	50	Stroke	5 secs	
1	100	Pull Stroke EZ	30 secs	Active recovery
1	50	Free	5 secs	
1	100	Free	10 secs	
1	150	Free	15 secs	
1	300	Free	20 secs	
1	200	Pull Free EZ		

Total Yards = 3200