

Information Sheet – Langlands Masters Squad

The Masters squad is a fitness squad that trains in the 50m pool at Langlands with (coaches) Tony or Gareth 4 days per week –
Monday, Wednesday, Friday and Saturday mornings from 5am to 6:15am

There are four distinct levels of competency as follows:-
Lanes 1 and 2 = repeat 100m freestyle at 2 mins interval
Lanes 3 and 4 = repeat 100m freestyle at 1:45 mins interval
Lane 5 = repeat 100m freestyle at 1:40 or 1:35 mins interval
Lane 6 = repeat 100m freestyle at 1:30 or 1:25 mins interval.

New swimmers are welcome to use fins and have as many breaks as they like until they get up to speed.

Masters Squad Prices are as follows:-

Single Squad	\$8
10 Pass	\$72
20 Pass	\$140
30 Pass	\$208
3 Month Membership	\$250
6 Month Membership	\$400
12 Month Membership	\$700

The benefit of a Membership is that they can be used for normal pool entry, any day of the week, as often as you like, within the chosen time frame.

If you have a Fitness Passport you will pay an additional \$2 per entry to be involved in the Masters Squad.

Each session is approx. 3000m in total and consists of 3 distinct sets - warm up, main set and swim down. Swimmers use fins for most of the warm up and often throughout other sets. The main set is usually all freestyle over approx. a 2000m distance and consists of aerobic, endurance and sprint sets.

The main objective of this group is to provide a squad for competent adult swimmers who wish to improve their technique and gain aerobic fitness and endurance in the pool.