

## Kansas City Blazers Masters Workout, 10/4/2003

400 Free – easy (lanes 1-2 do 300)

Rest 1 minute

8 X 50 Choice @ 10 sec rest

odds kick/evens drill

600 Pull – 50 Free/50 Back (lanes 1-2 do 400)

Lanes 5-7:

4 X { 100 Free – Swim @ 1:45  
150 Drill – 50 Free/50 Back/50 Free @ 2:45  
200 Back – Swim @ 3:45 } Count strokes  
on free & keep even.  
Descend 200s 1-4.

Lanes 3-4:

4 X { 100 Free – Swim @ 2:00  
100 Back/Free – Drill @ 2:10  
100 Back – Swim @ 2:00 } Count strokes on free &  
back. Try to keep number  
the same. Descend 100s  
Back 1-4.

Lanes 1-2:

4 X { 100 Free – Swim @ 2:15  
100 Back/Free – Drill @ 2:30  
100 Back – Swim @ 2:30 } Count strokes on free &  
back. Try to keep number  
the same. Descend 100s  
Back 1-3.

Easy 200 choice

N X { 50 Easy Free @ 1:00  
50 Build Choice @ 1:10  
50 Easy Free @ 1:00  
50 Sprint Choice @ 1:10 } N = as many times as you  
have time to do, or... as many  
as your lane agrees to do.

Workout written by Derek Shipp, derekshipp@yahoo.com. Adjust intervals as needed for short course or long course.