

Kansas City Blazers Masters Workout, 1/5/04

5 X 200 @ 30 sec rest – odds Free, evens IM

Descend free swims 1-3, down to about 90% effort

1st IM is 25 Kick/25 Drill, 2nd IM is 25 Drill/25 Swim

7 X 100 Kick @ 2:10 or 2:30 or 3:00 (only do 5)

odds – 25 Breast/25 Free – descend 1-4

evens – choice

Lanes 5-7 (start all lanes together)

9 X 225 @ 3:15

1st 3 – All Free – make interval

2nd 3 – 75 Fly, 75 Back, 75 Breast – All Fast

last 3 – All Free – Descend 1-3, then do 25 easy

Lanes 3-4 (start all lanes together)

9 X 150 @ 3:15

1st 3 – All Free – make interval

2nd 3 – Fly/Free/Back/Free/Breast/Free by 25 -- Fast

last 3 – All Free – Descend 1-3

Lanes 1-2 (start all lanes together)

9 X 100 @ 2:30

1st 3 – All Free – make interval

2nd 3 – IM -- Fast

last 3 – All Free – Descend 1-3

Easy 200 choice

n X (3 X 50), Freestyle Pull @ 15 sec rest

3, 5, 7 Breathing pattern by 50s

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