

Kansas City Blazers Masters Swim Team Workout

Saturday, 7 February 2004 (50m pool)

200 S.Ki.D.S. – Choice @ 20 sec rest
50 Swim – same stroke as 200 @ 10 sec rest – Build } X 4

150 Free – Swim @ 2:30 or 3:00 or 100 @ 2:30 } Lanes 5-7 X 6
100 Free – Drill @ 1:45 or 2:00 or 2:45 } Lanes 1-4 X 4
50 Free – Fast Kick @ 1:00 or 1:15 or 1:30 }

easy 200 Choice

8 X 50 Choice @ 1:00 or 4 X 50 Choice @ 1:15
descend 1-4 and get ready for challenge 100 set

All lanes will start the next set together. We will do 100s freestyle starting on the 2:20 interval and getting 5 seconds faster after each 100. Swim as many as you can make (even if you only make it by 1 second). We have had swimmers make it all the way down to 1:15 before! When you miss an interval, you are done with the set, but please encourage the swimmers who are still swimming **J**.

Interval	Sendoff, Group 1	Sendoff, Group 2	Sendoff, Group 3	Sendoff, Group 4
2:20	2:20	2:30	2:40	2:50
2:15	4:35	4:45	4:55	5:05
2:10	6:45	6:55	7:05	7:15
2:05	8:50	9:00	9:10	9:20
2:00	10:50	11:00	11:10	11:20
1:55	12:45	12:55	13:05	13:15
1:50	14:35	14:45	14:55	15:05
1:45	14:20	14:30	14:40	14:50
1:40	16:00	16:10	16:20	16:30
1:35	17:35	17:45	17:55	18:05
1:30	19:05	19:15	19:25	19:35
1:25	20:30	20:40	20:50	21:00
1:20	21:50	22:00	22:10	22:20
1:15	23:05	23:15	23:25	23:35

Easy 200 choice

Workout written by coach Derek Shipp