

Kansas City Blazers Masters Workout, 5/7/2003

10 Minutes Easy Free

5 Minutes Choice Kick

8 X 50 @ 10 sec rest: Do breaststroke swim with 4 flutter kicks after each breast kick

	<u>Lanes</u>	<u>5-7</u>	<u>3-4</u>	<u>1-2</u>
7 X 50 Free @		:50	1:00	1:10
6 X 50 Breast@		1:00	1:10	1:20
5 X 50 Free @		:45	:55	1:05
4 X 50 Back @		:55	1:05	1:15
3 X 50 Free @		:40	:50	1:00
2 X 50 Fly @		:50	1:00	1:10
1 X 50 Free – SPRINT				

Easy 200 Choice

Lanes 5-7:

200 IM @ 3:00 } X 5
100 Free @ 2:30 }

Lanes 3-4:

100 IM @ 1:40 } X 5
50 Free @ 1:40 }

Lanes 1-2:

100 IM @ 2:00 } X 2
50 Free @ 2:00 }

Easy 200 Choice

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

Kansas City Blazers Masters Workout, 10/22/2003

4 X 300 @ 30 sec rest (lanes 1-2 only do 3):

- 1) 300 Free easy
- 2) 300 IM – Kick/Drill/Swim by 25s
- 3) 300 IM – 50 Drill/ 25 Build swim of each stroke
- 4) 300 Free @ 80-90% effort

<u>Lanes</u>	<u>5-7</u>	<u>3-4</u>	<u>1-2</u>
8 X 50 @	1:05	1:15	1:30
25 Bless Me Drill*/ 25 English Catch-up Stroke			
(*Those with bad knees may do breast pull/dolphin kick)			

<u>Lanes</u>	<u>5-7</u>	<u>3-4</u>	<u>1-2</u>
4 X 200 @	3:30	4:00	4:00 (do 150s)
25 Breast swim*/ 25 Free swim – descend 1-4			
(*Those with bad knees may do breast pull/dolphin kick)			

Easy 200 Choice

Lanes 5-7:

6 X 250 IM @ 4:20 – descend 1-3; 4-6:
25 Fly/50 Back/75 Breast/100 Free

Lanes 3-4:

6 X 125 IM @ 2:40 – descend 1-3; 4-6:
25 Fly/25 Back/25 2-kick/1-pull breast/25 Breast swim/25 Free

Lanes 1-2:

6 X 100 IM @ 2:45 – descend 1-3; 4-6

Easy 200 choice

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

Kansas City Blazers Masters Workout, 10/25/2003

400 Choice, 30 sec. Rest

4 x 150 Free @ 15 sec rest – 50 right arm/50 left arm/50 swim

Try to rotate evenly to both sides of your body. Count strokes on right arm/left arm... count should be the same.

400 Choice kick (500 if using fins)

12 X 50 Butterfly @ 15 sec. rest:

- | | | |
|--------------|---|--|
| 1) Right arm | } | X 3, Breathe every other stroke.
Count strokes. |
| 2) Left arm | | |
| 3) Swim | | |
| 4) Easy Free | | |

Lanes 5-7:

6 X 150 @ 3:00

- | | | |
|-------------------------|---|--|
| 1) Free | } | X 2, Get times. Try to descend or stay even. |
| 2) Free/Fly/Free by 50s | | |
| 3) Fly/Free/Fly | | |

Lanes 3-4:

6 X 100 @ 2:15

- | | | |
|--------------------|---|--|
| 1) Free | } | X 2, Get times. Try to descend or stay even. |
| 2) Fly/Free by 50s | | |
| 3) Free/Fly | | |

Lanes 1-2

10 X 50 @ 1:30:

- | | | |
|--------------------|---|---|
| 1) Free | } | X 2, Get times. Try to descend or stay even |
| 2) 25 Fly/ 25 Free | | |
| 3) 25 Free/ 25 Fly | | |

Easy 200 choice

Lanes 5-7:

3 X 400 Free Pull @ 6:30 – descend 1-3

Lanes 3-4:

3 X 300 Free Pull @ 6:30 – descend 1-3

Lanes 1-2:

4 X 100 Free Pull @ 6:30 – descend 1-4

Easy 200 choice

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Kansas City Blazers Masters Workout, 10/11/2003

12 X 100 @ 15 sec rest (lanes 1-4 only do 9):

- 5) 50 kick/50 drill
 - 6) 50 drill/50 swim
 - 7) 50 swim easy/50 swim build
- } X 3

Lanes 5-7:

6 X 300 Free @ 5:00 – descend 1-3; 4-6

Lanes 3-4:

5 X 300 Free @ 6:00 – descend 1-5

Lanes 1-2:

5 X 200 Free @ 6:00 – descend 1-5

Easy 200 choice

Pull (with paddles if you have them) 800 Free – descend by 200s

Easy 200 choice

400 Free – FAST

Easy 200 choice

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.

Kansas City Blazers Masters Workout, 10/8/2003

400 Free – easy (lanes 1-2 do 300); rest 1 minute

400 IM – S.Ki.D.S.; rest 1 minute

4 x 100 Free @ 15 sec rest – descend 1-4 down to 80% effort

Pull:

50 Freestyle Pull @ 15 sec rest

25 Not Free Pull @ 10 sec rest

}

Lanes 5-7 repeat 16 times

Lanes 3-4 repeat 12 times

Lanes 1-2 repeat 8 times

Easy 200 swim

Lanes 5-7:

4 x 100 IM @ 1:45 – descend 1-4

100 Easy Free @ 2:00

3 x 100 IM @ 1:35 – Fast

100 Easy Free @ 2:45

}

X 2

Lanes 3-4:

3 x 100 IM @ 2:00 – descend 1-3

100 Easy Free @ 2:00

3 x 100 IM @ 1:50 - Fast

100 Easy Free @ 2:30

}

X 2

Lanes 1-2:

3 x 100 IM @ 2:30 – descend 1-3

100 Easy Free @ 3:00

}

X 3

Easy 200 choice

N X { 4 X 25 @ 30 sec – 3,2,1,0 breathing
Easy 50 Free @ 1:00 }

N = as many times as you
have time to do, or... as many
as your lane agrees to do.

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