

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.

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