

Kansas City Blazers Masters Swim Team Workout

Saturday, 10 March 2004 (50m pool)

800 Easy choice – do at least 100 of each stroke

Rest 1 min

400 Choice kick – do at least 50 of each stroke

16 X 50 Choice @ 1:00 or 1:10 or 1:30(only do 12)
in sets of four, do 3 drill, 1 swim – build

Lanes 5-7

4 X 50 Free @ :45

1 X 100 Easy @ 2:30

4 X 100 Free @ 1:30

1 X 100 Easy @ 2:30

4 X 150 Free @ 2:15

1 X 100 Easy @ 2:30

4 X 200 Free @ 3:00

Lanes 3-4

4 X 50 Free @ :50

1 X 100 Easy @ 2:40

4 X 100 Free @ 1:40

1 X 100 Easy @ 2:40

4 X 150 Free @ 2:30

Lanes 1-2

3 X 50 Free @ 1:20

1 X 100 Easy @ 3:00

3 X 100 Free @ 2:40

1 X 100 Easy @ 3:00

3 X 150 Free @ 4:00

Easy 200 Choice

Workout written by coach Derek Shipp