

## Kansas City Blazers Masters Workout, 10/11/2003

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

- 1) 50 kick/50 drill
  - 2) 50 drill/50 swim
  - 3) 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

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