

## *Kansas City Blazers Masters Swim Team Workout*

Saturday, 14 February 2004 (50m pool)

HAPPY VALENTINES DAY!!!

15 min – Easy Free Swim

5 min – Easy Swim – Not Free

5 min – Free Swim @ 80-90% Effort

Lanes 5-7

8 X 200

odds Free @ 3:30 – Broken with 10 sec at 150 – sprint last 50

evens Reverse I.M. @ 4:00 – Broken with 10 sec at 150

Lanes 3-4

8 X 150

odds Free @ 3:30 – Broken with 10 sec at 100 – sprint last 50

evens @ 3:45 – 100 Free Build, rest 10 sec, sprint last 50 in I.M. order

Lanes 1-2

6 X 150 @ 4:15

All Freestyle Swim – Descend 1-3, 4-6

Easy 200 Choice

Pull

Lanes 5-7

6 X 150 @ 2:45 – Breathe every 3, 5, 7 by 50 and descend 1-3

Lanes 3-4

4 X 150 @ 3:05 – Breathe every 3, 5, 7 by 50 and descend 1-4

Lanes 1-2

4 X 100 @ 2:30 – Breathe every 3, 5 by 50 and descend 1-4

Easy 200 Choice

*Workout written by coach Derek Shipp*