Kansas City Blazers Masters Swim Team Workout

Saturday, 20 March 2004 (50m pool)

800 Continuous – do at least 100 of each stroke
400 Choice Kick (600 if using fins)

3 X 50 25 Kick / 25 Drill @ 1:05 or 1:15 or 1:30
2 X 50 25 Kick / 25 Swim @ 1:00 or 1:10 or 1:20
1 X 50 Swim Fast @ :45 or 1:00 or 1:10
Do same stroke for 6 50s in a row. Lanes 5-7 do 4 times, lanes 3-4 do 3 times, lanes 1-2 do 2 times.

Lanes 5-7
150 Freestyle Pull @ 2:40 breathing every 3,5,7 by 50 } X 4
200 Freestyle Swim @ 3:20 descend 200s 1-4

Lanes 3-4
150 Freestyle Pull @ 3:00 breathing every 3,5,7 by 50 } X 4
100 Freestyle Swim @ 2:00 descend swim 1-4

Lanes 1-2
100 Freestyle Pull @ 2:45 breathing every 3,5 by 50 } X4
100 Freestyle Swim @ 2:45 (faster than swim) descend 100s 1-4

Easy 200 Choice

N X 4 X 50 @ 1:00 or 1:15 or 1:30
1) 25 Sprint / 25 easy
2) 25 easy / 25 Sprint
3) 50 easy
4) 50 Sprint

Workout written by coach Derek Shipp

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