

Kansas City Blazers Masters Workout, 10/22/2003

4 X 300 @ 30 sec rest (lanes 1-2 only do 3):

- 1) 300 Free easy
- 2) 300 IM – Kick/Drill/Swim by 25s
- 3) 300 IM – 50 Drill/ 25 Build swim of each stroke
- 4) 300 Free @ 80-90% effort

<u>Lanes</u>	<u>5-7</u>	<u>3-4</u>	<u>1-2</u>
8 X 50 @	1:05	1:15	1:30
25 Bless Me Drill*/ 25 English Catch-up Stroke			
(*Those with bad knees may do breast pull/dolphin kick)			

<u>Lanes</u>	<u>5-7</u>	<u>3-4</u>	<u>1-2</u>
4 X 200 @	3:30	4:00	4:00 (do 150s)
25 Breast swim*/ 25 Free swim – descend 1-4			
(*Those with bad knees may do breast pull/dolphin kick)			

Easy 200 Choice

Lanes 5-7:

6 X 250 IM @ 4:20 – descend 1-3; 4-6:
25 Fly/50 Back/75 Breast/100 Free

Lanes 3-4:

6 X 125 IM @ 2:40 – descend 1-3; 4-6:
25 Fly/25 Back/25 2-kick/1-pull breast/25 Breast swim/25 Free

Lanes 1-2:

6 X 100 IM @ 2:45 – descend 1-3; 4-6

Easy 200 choice

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