

## Kansas City Blazers Masters Workout, 12/23/03

200 Free Swim @ 20 sec rest } X 3 IM is kick 1<sup>st</sup> time, drill 2nd  
100 IM @ 10 sec rest } time and swim the 3<sup>rd</sup> time

4 X 200 Free @ 3:30 or 3:45 or 3:45 (4 X 150)  
Descend 1-4 down to about 90% effort

### PULL:

Lanes 5-7

3 X 400 Free @ 40 sec rest – negative split  
Breathe every 3,5,7,3 by 50 (repeat to get 400)

Lanes 3-4

4 X 200 Free @ 40 sec rest – descend 1-4  
Breathe every 3,5,7,3 by 50

Lanes 5-7

5 X 150 Free @ 40 sec rest – descend 1-5  
Breathe every 3,5,3 by 50

4 X 200 Free @ 3:00 or 3:30 or 3:30 (4 X 150)  
Descend down to about 95% effort

Easy 200 choice

4 X 200 Free @ 2:50 or 3:20 or 3:20 (4 X 150)  
Descend down to at least 100% effort ☺