

Kansas City Blazers Masters Workout, 10/25/2003

400 Choice, 30 sec. Rest

4 x 150 Free @ 15 sec rest – 50 right arm/50 left arm/50 swim

Try to rotate evenly to both sides of your body. Count strokes on right arm/left arm... count should be the same.

400 Choice kick (500 if using fins)

12 X 50 Butterfly @ 15 sec. rest:

- | | | |
|--------------|---|----------------------------------------------------|
| 1) Right arm | } | X 3, Breathe every other stroke.
Count strokes. |
| 2) Left arm | | |
| 3) Swim | | |
| 4) Easy Free | | |

Lanes 5-7:

6 X 150 @ 3:00

- | | | |
|-------------------------|---|----------------------------------------------|
| 1) Free | } | X 2, Get times. Try to descend or stay even. |
| 2) Free/Fly/Free by 50s | | |
| 3) Fly/Free/Fly | | |

Lanes 3-4:

6 X 100 @ 2:15

- | | | |
|--------------------|---|----------------------------------------------|
| 1) Free | } | X 2, Get times. Try to descend or stay even. |
| 2) Fly/Free by 50s | | |
| 3) Free/Fly | | |

Lanes 1-2

10 X 50 @ 1:30:

- | | | |
|--------------------|---|---------------------------------------------|
| 1) Free | } | X 2, Get times. Try to descend or stay even |
| 2) 25 Fly/ 25 Free | | |
| 3) 25 Free/ 25 Fly | | |

Easy 200 choice

Lanes 5-7:

3 X 400 Free Pull @ 6:30 – descend 1-3

Lanes 3-4:

3 X 300 Free Pull @ 6:30 – descend 1-3

Lanes 1-2:

4 X 100 Free Pull @ 6:30 – descend 1-4

Easy 200 choice

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