

Kansas City Blazers Masters Workout, 10/27/2003

700 yards continuous – odd 100s Free / even 100s IM

700 yards Freestyle pull – odd 100s breathe every 3 / even 100s breathe every 5
(lanes 1-2 only do 500)

8 X 75 Free @ 1:20 or 1:30 or 1:45
odds – 25 right arm/25 left arm/25 build
evens – 25 scull polo/25 head high/25 sprint

8 X 75 choice @ 1:30 or 1:45 or 2:00
odds – 50 Drill / 25 build
evens – 25 Kick / 50 fast swim



Lanes 1-2 only
do 6 of each

Easy 200 choice

Lanes 5-7 – 4 X 500 Free @ 7:30 – Descend 1-4

Lanes 3-4 – 4 X 300 Free @ 6:00 – Descend 1-4

Lanes 1-2 – 4 X 200 Free @ 5:00 – Descend 1-4

Easy 200 choice