

Kansas City Blazers Masters Swim Team Workout

Saturday, 28 February 2004 (50m pool)

3 X 300 Free @ 30 sec rest

1) 50 Drill / 50 Swim

2) 50 Kick / 50 Swim

3) Descend 100s down to about 80% effort

1 X 100 Free Fast (90+%)

800 Free Swim @ 13:00 or 16:00 or Don't Do

2 X 400 Free @ 6:30 or 8:00 or 10:00

4 X 200 Free @ 3:15 or 3@ 4:00 or 3 @ 5:00

8 X 100 Free @ 1:40 or 6@ 2:00 or 5 @ 2:30

Notes:

- 800 Free should be long and moderate. Try to negative split by 2-4 seconds.
- 2 X 400 Free should be a faster add up time than the 800.
- 200s Free should be Descending and add up faster than the 400s.
- 100s Free are descending 1-4 X 2, 1-3 X 2 or 1-5 and should be the fastest swims in practice.

Easy 200 choice

Workout written by coach Derek Shipp