

Kansas City Blazers Masters Workout, 12/29/03

700 Continuous

odd 100s Freestyle – descend 1-4 down to 80% effort
evens are IM – 1 Kick, 1 Drill, 1 Swim

50 Free Pull @ 10 sec rest – breathe every 3 strokes
25 Not Free Pull @ 5 sec rest
25 Free Pull @ 15 sec rest – as few breaths as possible } X 8

Lanes 5-7

6 X 50 Free @ :45 – then rest 1 min and add up time
3 X 100 Free @ 1:25 – then rest 1 min and add up time
2 X 150 Free @ 2:05 – then rest 1 min and add up time
1 X 300 Free @ 4:30 – faster than all the other add up times
Easy 200 Free } X 2

Lanes 3-4

6 X 50 Free @ :50 – then rest 1 min and add up time
3 X 100 Free @ 1:45 – then rest 1 min and add up time
1 X 300 Free @ 5:00 – faster than all the other add up times
Easy 200 Free } X 2

Lanes 1-2

4 X 50 Free @ :55 – then rest 1 min and add up time
2 X 100 Free @ 2:05 – then rest 1 min and add up time
1 X 200 Free @ 4:30 – faster than all the other add up times
Easy 200 Free } X 2

Optional work on starts.... Or swim down and get out ☺

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