

## Kansas City Blazers Masters Workout, 10/29/2003

(written by Kris Dees)

400 Choice

12 X 50, 3 each stroke

Alternate kick, drill, swim

On 1:00, 1:15, or :20 sec rest

2 X 750:

250 Free

200 IM

150 Back

100 Breast

50 Fly

...on 1:00 or 2:00 rest in between the 750s

200 Easy

Lanes 5-7: 8 X 200 @ 3:00

Lanes 3-4: 6 X 200 @ 4:00

Lanes 1-2: 8 X 100 @ 3:00



This is a pace set – shoot for even splits.  
Stay within 5 seconds of your  
total time on each 200.

200 moderate Free drill

200 moderate backstroke

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