

Kansas City Blazers Masters Workout, 12/30/03

10 minutes easy – Freestyle

5 minutes easy – no Freestyle

Come back to wall & start on the :60

300 Freestyle – build up to 80% effort

3 X 50 – 25 Kick/25 Drill @ 1:00 or 1:10 or 1:30
1 X 150 – Mixed IM (Fly/Free/Back/Free/Breast/Free)
@ 2:30 or 3:00 or 3:45 } X 4

Do 3 X 50 all the same stroke – change strokes each time through in IM order. Descend the mixed IMs 1-4.

Easy 200 choice

Pull – 9 X 100 @ 15 sec rest (lanes 1-2 don't do. Lanes 3-4 do 6)

- 1) 50 Breast/50 Free
 - 2) 25 Breast/75 Free
 - 3) 100 Free
- } X 3 on Breast, work on pullouts.
Make sure shoulders are deeper than hips when you pull out.

N X (4 X 50) – Free or Fly @ :55 or 1:05 or 1:15 – descend 1-4

- 1) Breathe every 3
- 2) Breathe every 5
- 3) Breathe every 7
- 4) Hold breath as much as you can

Easy 200 Choice