

Kansas City Blazers Masters Workout, 10/30/2003

6 X 200 @ 30 sec rest – 3 Free / 3 Choice

- 1) Swim easy
- 2) Swim – Kick – Drill - Swim
- 3) Kick - Right arm – Left arm – Swim

Lanes 5-7

2 X { 6 X 50 @ :45 Moderate – try to go the same speed on all of them
3 X 100 @ 1:25 Descend 1-3
2 X 150 @ 2:05 1 Easy / 1 Fast
1 X 300 @ 4:05 Fast
1 X 100 @ 3:00 Easy

Lanes 3-4

2 X { 4 X 50 @ :55 Moderate – try to go the same speed on all of them
3 X 100 @ 1:45 Descend 1-3
2 X 200 @ 3:20 1 Moderate / 1 Fast
1 X 100 @ 2:25 Easy

Lanes 1-2

2 X { 4 X 50 @ 1:10 Moderate – try to go the same speed on all of them
3 X 100 @ 2:15 Descend 1-3
2 X 200 @ 4:20 1 Moderate / 1 Fast
1 X 100 @ 2:55 Easy

N X 25 @ :30 – 3, 2, 1, 0 breathing
- Swim Fly, Free, or Underwater

Easy 200 Choice

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