

Kansas City Blazers Masters Swim Team Workout

Saturday, 31 January 2004 (50m pool)

500 Free – easy (lanes 1-2 do 400)

Rest 1 minute

12 X 50 Choice @ 10 sec rest
odds kick / evens drill

600 Pull – 50 free / 50 back (lanes 1-2 do 400)

Lanes 5-7

4 X { 100 Back – Swim @ 1:45
150 Drill – 50 Bk/50 Free/50 Bk @ 2:45
200 Free – Swim @ 3:45 } Count strokes on
back & keep even.
Descend 200s free 1-4.

Lanes 3-4

4 X { 100 Free – Swim @ 2:00
100 Back/Free – Drill @ 2:10
100 Back – Swim @ 2:00 } Count strokes on free & back.
Try to keep number the same.
Descend 100s Back 1-4.

Lanes 1-2

3 X { 100 Free – Swim @ 2:15
100 Back/Free – Drill @ 2:30
100 Back – Swim @ 2:30 } Count strokes on free & back.
Try to keep number the same.
Descend 100s Back 1-3.

Easy 200 choice

N X { 50 Easy Free @ 1:00
50 Build Choice @ 1:10
50 Easy Free @ 1:00
50 Sprint Choice @ 1:10 } N = as many as you have
time to do, or.... As many
as your lane agrees to do.

200 Free – Easy

Workout written by coach Derek Shipp