

Workout of the Month

by Mary Sansbury

This workout focuses on sprinting at different stages of the various distances. The 25s are just to get heart rates up a bit. Intervals are a bit longer, so swimmers can get extra rest to be able to get up and go and also to be able to have time to go easy and not feel like they might miss the interval. The drill set is to emphasize the use of the kick whether drilling or swimming.



Warmup:

100 swim, 25 kick
75 swim, 50 drill
50 swim, 75 kick
25 swim, 100 drill

Drill Set:

4 x 25 free as follows:

#1 right arm only 6-8 strokes / 25 STRONG KICK

#2 left arm only 6-8 strokes / 25 STRONG KICK

#3 kick on side to count of 6 - take breath and roll in 3 strokes 4-5 cycles / 25 STRONG KICK

#4 catch-up hold to 3 count STRONG KICK

1 x 50 perfect free swim

Rest :10 between 25s and after 50.

Main Set, Repeat 4 X

2 x 25 - 6X, Odds FAST SWIM, Evens EASY SWIM +0.5 more than normal interval.

2 x 50 - 6X, Odds FAST/EASY SWIM, Evens EASY/FAST swim + :10 more than normal interval

2 x 100 - 6X, Odds 1st and 4th 25 FAST, Evens middle 50 FAST +:15 more than normal interval

4 x 25 - ALL OUT SPRINTS. Hold time for all 4. +:20 more than normal interval.

Total: 3300 yards.