

## Workout of the Month

by Erika Braun

I asked Erika if she'd be willing to write a sprint workout for us, to have a nice balance with the long distance articles. Erika was kind enough to do so, so here it is:



### Warm-Up

400 Swim (alternate 100 free / 100 back)

300 Kick (alternate kicking on right side, left side, and back by 50's)

300 Pull

### Drill Set

12 x 50's on .50 seconds

First 6: Exaggerate kick with normal arms

Last 6: Reduce number of strokes by 50. Long and strong (i.e. 22, 21, 20, 19, 18, 17)

10 x 100's on 1:15

1-5: Swim with fins only

6-10: Swim with fins and paddles

100 easy recovery

6 x 50's Fast Sprints on 3:00 minutes (swim recovery 50 in between each sprint)

Alternate 50 Free Sprint and 50 Non-Free Sprint

Times should be 1-2 seconds off of meet times.

100 easy recovery

5 x 50's on 1:00 - Descend number of breaths down to a no breather 50. (i.e. 4, 3, 2, 1, 0)

100 easy warm down

Total yards: 3,750 (1 hour 15 minute practice)