

Workout of the Month

By Mary Sansbury

Here is the second of Mary's Sprint workouts. It focuses on sprinting at different times during the 100.

The 200 pulls are active recovery.

"Bears in a bed" is a fun way to get the heart rate up. Mary's swimmers named this set. Sometimes when there are several swimmers in the lanes, they will swim underneath each other.



WARM UP – two times:

150 swim

150 drill/kick by 25.

Drill set:

BEARS IN A BED

With fins, hold on to the wall and kick as if you are trying to push the wall (make the pool longer). Do this for 10 seconds. Release the wall, submerge and push off right into a 25 yard sprint. As soon as the first person (or two people) leave, the next start and to the same. The first sprinters push off from the opposite wall under the sprinter(s) coming in and swim back easy.

Main Set:

3 x 100 – 1st 25 fast

1 x 200 pull

3 x 100 – 2nd 25 fast

1 x 200 pull

3 x 100 – 3rd 25 fast

1 x 200 pull

3 x 100 – 4th 25 fast

1 x 200 pull

Total yards: 3000