

web workout

by SCOTT WILLIAMS, The Olympic Club, San Francisco, 2004 USMS Coach of the Year

INTERVAL PROGRESSIONS

This practice is designed to build a progression of drills and intervals that will help the swimmer incorporate proprioceptive movement of the core body with the arms and legs. The practice (for a 25-yard pool) includes drills designed to connect the movements of all body parts to create more efficient swimming. The interval progression allows swimmers to challenge themselves while maintaining good form. These movements were studied at USMS high-altitude training camp in 2003 and 2004.

workout notes

>>> **The warm-up should be just that—"a warm-up."** The 200s should be at Y.P. (your pace) only. Doing 25s on :40 should get the heart rate up.

>>> **The drill set is designed to improve coordination between your arm pull and your kick.** By switching the paddles and fins around, you can identify any weaknesses and strengths in your stroke.

>>> **The main set is a progression of intervals from easy to hard.** You want to maintain good form throughout the set. Rest only when you have completed the whole round, then repeat two times.

>>> **The kick set is very hard!** Hold on to the wall and kick as hard as you can for 30 seconds and rest for 30 seconds. Repeat six times. This is considered an isometric exercise.

>>> **The warm-down is important for recovery.** Breath control should be breathing every 3-5-7 by 25s. This will help reduce the buildup of lactic acid in your system.



the workout

warm-up

- **200 SWIM** (work streamline)
- **200 KICK** (with or without board)
- **200 DRILL** (alternate-fist drill/scull by 25s)
- **8x25s** (count strokes—any stroke) on :40

drill set

- **5x100s – FADDLE DRILL** (freestyle or backstroke) :30 seconds rest
(1x100 with right paddle and right fin only)
(1x100 with left paddle and left fin only)
(1x100 with right paddle and left fin only)
(1x100 with left paddle and right fin only)
(1x100 with all paddles and fins for time!)

3X

Group 1

- 6x50s on :55
- 5x50s on :50
- 4x50s on :45
- 3x50s on :40
- 2x50s on :35

Group 2

- 5x50s on 1:00
- 4x50s on :55
- 3x50s on :50
- 2x50s on :45
- 1x50 under :40

Group 3

- 4x50s on 1:00
- 3x50s on :55
- 2x50s on :50
- 1x50 under :45

kick set

- **6x :30 WALL KICKS** (30-second intervals of all-out kicking against the wall with 30 seconds recovery)

warm-down set

- **200 TO 300 PULL WITH BREATH CONTROL** (long and easy)

motivation mantras

>>> You can only swim fast if you train fast.

>>> If you are not happy during a Masters' workout then, why are you doing it?

>>> It is not the time you did, it is the time you had!

>>> Even if the pool is empty, "someone" is watching you.

>>> You always want to get back to where you were before you got where you're at.