

web workout

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OH, TO BE A FREESTYLER

There's nothing like a stretching long in the water and feeling loose and ready to go. This workout will help you address multiple freestyle fine points, work you hard and, when it's all done, make you feel great!

workout notes

>>> Warm-Up. In this drill, the 75s are 25 kick, 25 drill, 25 swim. Do one of each stroke in reverse IM order (15 seconds rest). The 50s are free; reduce your stroke count by one each swim (10 seconds rest). The 25s are also free, but no breathing (15 seconds rest).

>>> Main Set. The freestyle is for stretching out, feeling slippery in the water and preparing for what is coming next. The drill should be loose and set you up for a hard, focused swim in each stroke, using the skill emphasized in the preceding drill swim. It will be difficult to set an interval for these, so take 20 to 30 seconds rest between each 200, depending on level of conditioning.

The purpose of the second set of 200s is to unwind all of that stroke and refocus on long, smooth freestyle. Take 15 to 20 seconds rest between each 200.

>>> Sample Drills. *Fly:* Three single-arm stroke each side, then two, then one, then one whole stroke, repeat. *Back:* Emphasize body roll and count six kicks on each side when arm is extended. *Breast:* Dolphin kick with breaststroke pull. *Free:* Fingertip drag, or "upsplash" at end of pull, or fists closed.

>>> Kick Set. 25s: Easy kicks are on your side, with underwater arm outstretched and dry arm along your hip. Focus on the back sweep of the kick and generating the movement from the hip. Switch sides each 25. *Hard kicks are with a kickboard:* Keep the kick a bubble at the surface, feet slightly below and get the quads to burn. Use a :30 interval or take 10 seconds rest.

the workout

warm-up

LANE 1	LANE 2	LANE 3
200 easy free	200 easy free	150 easy free
4x75	4x75	4x75
4x50	3x50	3x50
4x25	2x25	2x25

main set (for all lanes)

- **4x200**
 1. 100 easy free, 50 fly drill, 50 hard fly (or specialty)
 2. 50 easy free, 50 back drill, 100 hard back (or specialty)
 3. 50 breaststroke drill, 150 hard breaststroke (or specialty)
 4. 200 IM (or specialty) hard
- **4x200**
 1. 100 easy stroke or drill, 50 low stroke count free, 50 hard free
 2. 50 easy stroke or drill, 50 low stroke count free, 100 hard free
 3. 50 low stroke count free, 150 hard free
 4. 200 hard free

kick set

LANE 1	LANE 2	LANE 3
20x25s	12x25s	8x25s
2 easy, 1 hard,	2 easy, 1 hard,	2 easy, 2 hard,
2 easy, 2 hard,	2 easy, 2 hard,	2 easy, 2 hard
2 easy, 3 hard,	2 easy, 3 hard	
2 easy, 4 hard		
2 easy		

sprints

LANE 1	LANE 2	LANE 3
8x50	6x50	4x50

warm down

- **100 FOR ALL**

total yards

LANE 1	LANE 2	LANE 3
3,400	2,900	2,650

>>> Sprints. 50s: Choice of stroke, but each 50 is 25 easy kick and 25 sprint swim. Rest 15 seconds. This should make you feel great in the water despite it being the end of a long arduous workout! Way to go!

