

web workout

by WHITNEY HEDGEPEETH, coach, Longhorn Aquatics Masters, Austin, Texas

DROP OUTS

This workout is a test set that an entire group can do together as a motivation exercise. The set starts with a 50 on 1:00, and then drops one second off of each proceeding interval, continuing until the swimmer can no longer make the interval. We have had swimmers go under :30. We try to do the workout about every other month to see our progress. On these days, we don't get in much yardage. The goal is to see how many 50s you can get in.

workout notes

Advanced swimmers can swim any stroke and the beginning swimmer can use fins. Some people prefer to kick with fins. All of these options are acceptable.

However, I like for swimmers to try to do at least two test sets the same way so they can compare. I write down the send-offs for the interval and call it out so that the swimmers don't have to do the math. Once a swimmer has missed the interval, he can either cheer for those still swimming, or rest every other one to keep moving.

the workout

warm-up

- **Swim 400 moderate**
- **Swim 4x25** (12.5 yards fast and then 12.5 yards easy)
- **Pull 400 moderate**
- **Swim 4x25** (12.5 yards fast and then 12.5 yards easy)

main set

The set starts with a 50 on 1:00. For every 50, drop a second off the interval. For example:

- **1 @ 1:00**
- **1 @ :59**
- **1 @ :58**
- **1 @ :57**
- **1 @ :56**
- **1 @ :55**

cool down

- **Swim 400 free:** practice distance per stroke (under 18 strokes per 25) and bring heart rate back down after the 50s.
- **Pull 300** (every fourth 25 is only two breaths)
- **Drill 200 IM**
 - Fly-SDS: (single arm/double arm/single arm)
 - Back: double arm
 - Breast: three kicks, one pull
 - Free: drag fingertips

total yards

2,000 yards + number of 50s completed

