

# web workout

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## NEGATIVE SPLIT WORKOUT

At Oregon Wetmasters (OWET), and in my personal training, I do a lot of “negative split” workout sets. We do the workout at least twice a week, and I do it myself a little more than that. Negative splitting teaches swimmers not to go out too fast in competition. It is also a great skill for the noncompetitive swimmer because it taxes the aerobic system more quickly than other types of training. This workout is in a 25-meter pool so adjust the send-offs accordingly.

I’ve been moving to longer warm-ups before main workouts, as older swimmers really need it more. I like to do the full catch-up drill all the time but especially before a negative split workout to get the legs ready for action.

Part one of the main set is not a descending set. The first 100 should be fairly easy, followed by a stronger second 100. This will get the swimmers in the right frame of mind for the second part of the set. Even this type of moderate set will raise the heart rate if you are truly negative splitting. If you need to do an open turn to check the clock at the 100, then do so.

Part two is when things really get tough. You must go strong the first 25 and then really go all-out the second 25, in order to achieve a negative split 50. Negative splitting is one the most taxing types of workouts you can do because it attacks your cardio system so much faster than descending sets.

Again, this is not a descending set. Just make sure you are going faster on the second 25. I will check people at different times during the set with the stopwatch to make sure they are negative splitting.

After a tough main set, I like my swimmers to do an active recovery set. This is where we swim easy but not a lot of rest.

Next up is a kick set, where we cool down the legs a bit. It is easy kicking and you have to talk to the other swimmers in your lane the whole way. This is a big favorite.

The last part of the kick set is the icing on the cake to a great negative split workout. We usually get some people cramping up a

## the workout

### warm-up

- 400 swim
- 200 kick
- 400 pull
- 8x25s full catch-up :40, strong kick

### main set

- 4x200s, negative split at the 100, moderate pace

Group 1	3:15
Group 2	3:15
Group 3	4:00
Groups 4,5	4:15

- Easy 100

- 8x50s, negative split at the 25, strong pace

Group 1	1:00
Group 2	1:05
Group 3	1:10
Groups 4,5	1:15

- Easy 100

### pull set

- 16x 25s, moderate

Group 1	:30
Group 2	:35
Groups 3,4,5	:40

### kick set

- 200 “Social Kick”
  - 8x25s, kicking with maximum effort on all
- All groups: 1:00

### cool down

- 200 easy, choice

### total yards

3,600

little, but that’s normal for this type of workout. Even if you are a “two-beat kicker” in your swims, you must still train the legs.

I find that a lot of swimmers think they are negative splitting when they actually are not. You cannot just push off on the second part of the swim and power up for a few strokes. It must be a continuous sustained effort all the way to the wall!

