

# web workout

by Mo Chambers, Masters Coach, Cathedral Oaks Athletic Club, Goleta, Calif.

## TARGET PACE

I encourage all of my swimmers to participate in the USMS One Hour Swim. It provides a great benchmark of swimming fitness and a great challenge early in the New Year.

This Target Pace workout is one we use at Cathedral Oaks to prepare for our one-hour swim. Preparing to swim the USMS One Hour postal is a lot more than simply swimming long distances. To achieve your best effort in this event, you've got to train to maintain your pace when you get tired—it's all about those last 20 minutes. This workout will challenge you to go faster than your goal pace and then settle back to your one-hour pace in the longer distances. As you begin your 300/400/500 swims, remember to keep good length in your stroke and to keep your turns and streamlines clean.

## workout notes

**>>> Drill.** Try this drill to see which side of your body is doing all the work. For RFLO, swim freestyle with your Right hand in a Fist and your Left hand Open. LFRO is Left Fist Right Open. Focus on using your core as you swim to maximize distance per stroke.

**>>> Main Set.** Read across on this set. Swim the 5x100s on a comfortable send-off interval, allowing about 10 seconds rest, and at a comfortable pace. Then swim a steady-paced 400. Decrease your send-off interval by five seconds for the set of 3x100, and then move into a second 400 at the same pace as your first. Follow this with a 1x100 at a send-off interval five seconds slower, and finish up with a third 400 at the same (or faster!) pace as the first two. Rest about 30 seconds to a minute after the 400s. To change the distance of this set, you may swim 300s or 500s in place of the 400s.

**>>> Technique Focus.** After a long main set, I like to take the opportunity to refocus on technique, which often gets forgotten around this time of the workout. This set of 25s focuses on stroke symmetry and alternate breathing. The triple-switch drill asks you to

## the workout

### drills

••• **3x150**

50 Free RFLO / 50 Free LFRO / 50 Free, max DPS  
Rest Interval = :10

••• **6x50**

Freestyle swim, descend 1- >3, 4- >6  
On cruise + :05, or RI =:10  
(900/1200)

### main set

Read across on this set.

••• **5x100; 1x400**

••• **3x100; 1x400**

••• **1x100; 1x400**

For the 100s:

••• **Freestyle swim**

Set of 5: On cruise +:05, or RI =:10

Set of 3: On cruise, or RI =:10

Set of 1: On cruise -:05, or RI =:05

Swim each set progressively faster as the interval decreases. There is no extra rest beyond the interval going into the 400s.

For the 400s:

••• **Freestyle swim**

Maintain a steady pace throughout, or descend 1->3.

Rest :30-1:00 after each 400.

(2100/3300)

### technique focus

••• **8x25**

ODDS: Triple Switch Drill (Kick on your side for a four count, take three strokes; then kick on your other side for a four count.)

EVENs: Freestyle swim, breathing every third stroke  
RI =:10

(200/3500)

### warm-down

••• **1x100**, all-easy swim or drill

(100/3600)

kick on your side for a four count, take three strokes, then kick on your other side for a four count. Keep your head in line and relax your arms throughout the recovery.

