

web workout

by Frank McQuiggan, Masters coach, Swim Rhode Island, Providence, R.I.

MID-SEASON INTEGRATION

When I started coaching at Swim Rhode Island, most of our swimmers trained one to three times a week on their own. They were encouraged to do drills and kicking when they went to lap swim and had to deal with the "sidestroke." We now have a pair of organized workouts weekly.

To the horror of many coaches, we do very few drills or kicking. Our group concentrates on conditioning and pacing. This workout is a mid-season integrated workout with a concentration on pace awareness. Try it. It hurts a lot.

the workout

warm-up

- 400 choice

set 1

- 4x250 (100 pull + 50 kick + 50 stroke + 50 free)
- Rest for 30 seconds
- Descend from 1 to 4, and try to descend a total of 20 seconds

set 2

- 5x200s freestyle
- Start with a steady pace, similar to a pace you might hold for the One-Hour Swim
- Descend to a faster pace, faster than the pace you would hold when swimming the 1650-yard free
- Rest 10 seconds on the first 200, and add 5 seconds rest for each one thereafter

set 3

Select *one* of the following:

- Distance Swimmers: 10x100s freestyle (Numbers 1-3 on 10 seconds rest, using your 1000-yard freestyle pace as a target. Numbers 4-6 on 15 seconds rest, at your 500-yard pace. Numbers 7-10 on 20 seconds rest, hard-pace descending.)
- Freestyle or Stroke: 12x50s (Numbers 1-4 on 10 seconds rest, using your 500 free/400 IM pace. Numbers 5-8 on 15 seconds rest, descending to your 200 pace. Numbers 9-12 on 20 seconds rest, descending from your 200 pace to your fastest pace.)
- Freestyle or Stroke: 6-8 broken 100s (50 swim at race pace, with 20 seconds rest + 25 swim at 100 pace, with 15 seconds rest + 25 swim all-out, with 60 seconds rest.)

cool-down

- 400 choice

