

web workout

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the workout

Lane 1

warm-up

- 400 swim easy
- 200 IM drill

kick/swim/drill set

- 8x50 kick IM order
- 8x25 swim IM order, work on kick
- 4x50 drill IM order, work on distance per stroke

pull set

- 6x100 swim with paddles, 25 back/50 free/25 breast

main set

4 sets of:

- 4x25 IM order, swim fast
- 300 smooth swim

Total: 3,600 yards

Lane 2

warm-up

- 300 swim easy
- 200 IM drill

kick/swim/drill set

- 4x50 kick descend IM order
- 8x25 swim IM order, work on kick
- 4x50 drill IM order
- work on distance per stroke

pull set

- 5x100 swim with paddles, 25 back/50 free/25 breast

main set

4 sets of:

- 4x25 IM order, swim fast
- 250 smooth swim

Total: 3,000 yards

Lane 3

warm-up

- 200 swim easy
- 200 IM drill

kick/swim/drill set

- 4x50 kick IM order
- 4x25 swim IM order, work on kick
- 4x50 drill IM order
- work on distance per stroke

pull set

- 4x100 swim with paddles, 25 back/50 free/25 breast

main set

4 sets of:

- 4x25 IM order, swim fast
- 200 smooth swim

Total: 2,500 yards

The Ultimate Stroke Perfection Workout

The purpose of this workout is to improve stroke efficiency, timing and rhythm in order to achieve maximum speed, with energy to spare. The workout tackles all four strokes, focusing on three common themes:

1. Distance per stroke (holding onto the water completely)
2. Kicking (making sure the legs are doing their fair share)
3. Stroke rate (rhythm).

We will work on the strokes in that order because one builds on the other. If you can't do one or another of the four strokes, just substitute freestyle for that stroke in the IM order (fly-back-breast-free).

workout notes

>>> Warm-up. Just get loosened up and try to work on holding onto the water with each stroke during the easy swim. On the 200 IM, choose drills that focus on long, extended strokes. For example, I think the best fly drill is one right/one left alternating drill. For back, six counts and switch is a great drill. For breast, a three-count glide is stellar. And for free, do the catch-up drill. All of these work on distance per stroke and holding onto the water for the most amount of time.

>>> Kick/swim/drill set. On this set, you want to first concentrate on a good kick, then work on good short swims, with smooth arms and fast kicking. Last, work on drills with long strokes that will emphasize the kick. For fly and breast

kick, use your whole body to do the kick—not just from the knee down. For back and free kick, make sure that knee bend is held to a minimum and most of the propulsion forward is coming from the hip, ankle and top of foot.

>>> Pull set. In this set, you can choose to use paddles or just swim the routine. Don't use a pull buoy because it will not allow for kicking. Be aware that for each kick, you should be doing three strokes. I have eliminated fly from these 100s because it can be hard on the shoulder to do fly with paddles.

>>> Main set. Now it's time to work on putting that strong kick with fast swimming. The 200 to 300 after each set of 25s can be smooth swim, pull or swim with fins. For each round, do the 25s using a different stroke. Or, you can choose to do IM order for each round. The different stroke for each round is harder, but it allows for minute corrections from 25 to 25.

>>> Technique tips. There are far too many drills for each stroke to go over in this short space. The key point to remember is that even if you decide to swim the stroke rather than do a particular drill, choose one part of the stroke to work on. At each 25, try to switch your focus so that you are eventually thinking about all parts of each stroke. Don't forget that your stomach muscles control a lot of balancing in the water, so that the arms and legs don't have to take on that task as well as move you down the pool. Enjoy!

