

# web workout

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## IM And Stroke-Based Workout

The following workout is an Individual Medley (IM) and stroke-based workout written for a short course yards pool.

### workout notes

**>>> Warm-up set.** The warm-up set is in reverse IM order, and should be completed by the swimmer before starting the main set. This will get the swimmer's muscles moving and ready for the workout.

**>>> Main set.** The main set is stroke based. Within the main set, there are built-in drills designed to be swum at an interval. The IM drill part of the set focuses specific drills for each stroke (see *Drills for Main Set below*).

The stroke part of the set focuses on full-stroke swims. The goals for the full-stroke swims are to begin with an 80 percent effort and to increase that effort while descending the 3x100 yard swims.

The main set is designed to force the swimmer to improve her least favorite stroke by repeating technique-improving drills during an aerobic set. Too often a swimmer neglects his weakest or least favorite stroke. A swimmer does not improve her worst stroke by avoiding it! The main set is repeated between three to five times based on the swimmer's ability.

**>>> Final set.** The final set is an IM fundamental set with four short swims followed by a reverse 100 IM. This short set is repeated three times and focuses on different fundamentals for each stroke. All three rounds require strong lung work.

### >>> Drills for main set.

••• **Butterfly: 2L/2R/2 Full.** Take two left-arm-only strokes; take two right-arm-only strokes; take two full strokes (non-swimming arm out in front of one's body).

••• **Backstroke: 3/12.** Take three regular strokes of backstroke and stop with one arm extended forward. The other arm is resting against the edge of your body—you should be on your side, with the back hand side of your body pointing up toward the ceiling and the front hand side of your body pointing down (toward the bottom of the pool). Hips and shoulders should be squared on a single plane around the central axis of your neck and spine. Your ear should be against your front hand shoulder. Take 12 kicks on your side, then three strokes so that your body is in the exact same position, but on the opposite side.

••• **Breaststroke: 3 Kicks/1 Pull.** Take three breaststroke kicks for every one breaststroke pull. During the extra kicks, your arms should be extended into a streamlined position, with your face in the water looking at the bottom of the pool and your ears pinned in between your arms. You still only get one breath per cycle (cycle = 1 pull, 3 kicks)

••• **Freestyle: Catch-up.** Swum like regular freestyle, except one arm is stationary, always extended forward (front arm), pointing toward the destination, while the other arm performs the stroke (working arm). When the working arm moves forward and "catches up" with the stationary arm, they change places.

# the workout

## Lane A

**warm-up set** (a 10-minute general, do-as-you-please kick, pull or swim; the average swimmer does between 500 and 800 yards)

- 1x100 Free @ 1.30
- 2x75 Breast @ 1.10
- 3x50 Back @ .50
- 4x25 Fly @ .30

## main set

- >>> Repeat 5x
- >>> 1x200 IM @ 3.20 or 3.30  
(25 drill/25 swim)
- >>> 3x100 @ 1.30 or 1.40
- >>> 30 seconds rest between rounds

- Round 1: 100s Fly
- Round 2: 100s Back
- Round 3: 100s Breast
- Round 4: 100s Free
- Round 5: 100s Choice

## final set

- >>> Repeat 3x
- >>> 4x25 @ .30
- >>> 1x100 Reverse IM @ 1.30
- >>> 15 seconds rest between rounds

- Round 1: 25s Breast  
Double pullouts
- Round 2: 25s Back  
15M dolphin kick underwater off wall
- Round 3: 25s Fly  
No breath

## warm-down as needed

## Total

- 3,600 yards  
*Plus warm-up and warm-down*

## Lane B

- 1x100 Free @ 1.45
- 2x75 Breast @ 1.20
- 3x50 Back @ .55
- 4x25 Fly @ .35

- >>> Repeat 4x
- >>> 1x200 IM @ 3.40 or 3.50  
(25 drill/25 swim)
- >>> 3x100 @ 1.50 or 2.00
- >>> 30 seconds rest between rounds

- Round 1: 100s Fly
- Round 2: 100s Back
- Round 3: 100s Breast
- Round 4: 100s Free

- >>> Repeat 3x
- >>> 4x25 @ .35
- >>> 1x100 Reverse IM @ 1.45
- >>> 15 seconds rest between rounds

- Round 1: 25s Breast  
Double pullouts
- Round 2: 25s Back  
15M dolphin kick underwater off wall
- Round 3: 25s Fly  
No breath

- 3,100 yards  
*Plus warm-up and warm-down*

## Lane C

- 1x100 Free @ 2.00
- 2x75 Breast @ 1.30
- 3x50 Back @ 60
- 4x25 Fly @ 40

- >>> Repeat 3x
- >>> 1x200 IM @ 4.00 or 4.10  
(25 drill/25 swim)
- >>> 3x100 @ 2.10 or 2.20
- >>> 30 seconds rest between rounds

- Round 1: 100s Fly
- Round 2: 100s Back
- Round 3: 100s Breast

- >>> Repeat 3x
- >>> 4x25 @ .40
- >>> 1x100 Reverse IM @ 2.00
- >>> 15 seconds rest between rounds

- Round 1: 25s Breast  
Double pullouts
- Round 2: 25s Back  
15M dolphin kick underwater off wall
- Round 3: 25s Fly  
No breath

- 2,600 yards  
*Plus warm-up and warm-down*