

bonus workout

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Fitness and Beginner Masters Swimming Workout

focus

- Long-axis stroke focus (free and back): Stay *L O N G* in the water (fingertips to toes).

warm-up

- 100 Free
- 100 Butfree (anything but free)
- 100 Kick
- 100 Free

Spend a few seconds between each 100 to stretch a bit.

drills

- 2 sets (4x50) @ :10 rest
First set is freestyle, second set is backstroke
- 25 side-to-side kick—no board (bottom arm is extended, top arm at your side)
- 25 one-arm combo drill (2 right arm / 2 left arm)

Tip: On the freestyle one-arm drill, keep the opposite arm extended and straight; breathe on the second stroke of each arm. Backstroke one-arm drill: when using one arm, keep the other arm at side to work on shoulder roll on recovery.)

main set

- 9x100 @ :20 rest/100 (rotate backstroke swims through the set by 25s and 50s)

* If you're not a backstroker, you can choose another stroke.

** If you have no other stroke, rotate a fast freestyle swim through the set by 25s and 50s.

*** If you live to create, make some fun of this set and combine the strokes in reverse IM order as they rotate in by 25s and 50s.

**** If all else fails, just do the set the way it is written (a novel approach).

#1: 100 Free

#2: 75 Free/25 back

#3: 50 Free/25 back/25 free

#4: 25 Free/25 back/50 free

#5: 25 Back/75 free

#6: 50 Free/50 back

#7: 25 Free/50 back/25 free

#8: 50 Back/50 free

#9: 100 Back

cool down

- 300 (alternate 25 free – 25 stroke – 25 kick)

total:

- 2,000 yards or meters (depends on your pool, I guess)

Go get 'em—*Sickie*

