

web workout

by Lucy Johnson, retired coach UCI Masters, Irvine, Calif.

Earn Your Turkey Dinner Workout

Ken Fitzpatrick, captain of the 1984 men's Canadian Olympic swimming team, gave us this workout one Thanksgiving. I've adapted it slightly to add some warm-up, and to allow swimmers to do what they can.

I'm a nag about technique, and very hands on as a coach. I write workouts for the fastest, strongest swimmers and then scale them back for the other swimmers.

Give this practice your all on Thanksgiving morning, and you'll earn your feast later in the day.

Editor's note: Johnson, a 14-time individual USMS All-American swimmer is currently developing a new web site called *iSwimCoach.net*. Based on the popular iTunes Music Store concept, the site allows visitors to select and download workouts for 99 cents apiece. The site is expected to go live around Dec. 1.



the workout

warm-up

- 1x200 Freestyle
- 1x200 Non-Free
- 1x100 Kick
- 1x100 Drill
- 1x200 Freestyle

main set (calorie burner!)

- 1x400 Freestyle on 5:20
- 4x100 Individual Medley on 1:30
- 2x300 Freestyle on 4:00
- 3x200 Individual Medley on 3:00
- 3x200 Freestyle on 2:40
- 2x300 Individual Medley on 4:30
- 4x100 Freestyle on 1:20
- 1x400 Individual Medley on 6:00

cool down

- 1x200 on 5:00 Choice

total

- 5,000 yards