

# web workout

by Lorie Rick, head coach of the Rochester Area Masters, Rochester, N.Y.

## LONG AXIS SCULLING WORKOUT

### warm-up

- swim 500, choice

### warm-up set

- swim 4x125s, 75 breast, 50 fly; 15 second rest

### main set

- 4x50s sculling, 10 second rest (25 plank scull, 25 table-top scull)  
Head-first scull on back arms at hips, first 25 body straight, second 25 body in a tuck position, knees to toes at surface of water, hand scull at hips with wrist flexed so fingers point at ceiling.
- swim 3x200s backstroke @ 3:30 negative split by 100
- 4x50s sculling, 10 second rest (25 torpedo scull, 25 Egyptian scull) 25 feet-first scull on back, keep arms above head, flex wrist so fingers point at bottom of pool, palms should be facing away from you. 25 head-first scull on back, arms above head, flex wrist so fingers point at ceiling. Elbows slightly bent on both. This one is very difficult; you will be underwater most of the time. Highly recommend a pull buoy.
- swim 6x100s back @ 1:40 negative split by 50
- 10x50s breaststroke kicks @ 1:10
- 4x50s sculling, 10 seconds rest (one arm fish scull)  
25 sculling on side with right arm only, place elbow high use forearm to scull back and forth just under chin. 25 sculling on side with left arm same. Be sure to remain on your side the entire time.
- swim 3x200s free @ 2:30 negative split by 100
- 4x50s sculling, rest 10 seconds (traveling fish scull)  
Sculling on side with one arm at a time, starting with arm above head and traveling down to a count of 6 until you pass your hip. Then change arms and do the same scull with the other arm. The recovery should be above water.
- swim 6x100s free @ 1:20 negative split by 50

### cool down

- swim 100 choice, easy

### total

- 4,500 yards

### tips:

- All sculls have been given a name for better recall.
- Sculls are specifically related to strokes in the sets following sculls.
- Pull buoys may be worn during sculling sets if desired.
- Sculling should always be done in the same plane.
- Most sculls use a high elbow and forearm pull.
- Table-top scull should be done with head up and moving arms quickly.



# web workout

by Lorie Rick, head coach of the Rochester Area Masters, Rochester, N.Y.

## SHORT AXIS SCULLING WORKOUT

### warm-up

- swim 2x300 free, 200 IM kick, no board

### main sets

- **4x25s** sculling, rest 5 seconds (wheelbarrow scull)  
Head-first scull on stomach arms above head, move forearms in a motion like a paddle boat with palms aiming toward face.
- **swim 4x100s** breaststroke @ 2:00 descending by 100
- **4x25s** sculling, rest 5 seconds (windshield wiper scull)  
Head-first scull on stomach, keep elbows in line with shoulders, move forearms in and out.
- **swim 4x100s** breast @ 2:00 descending by 100 starting #1 with the time you had on #2 of the first set
- **8x75s** (50 kick, 25 swim easy) choice, rest 10 seconds
- **4x25s** sculling, rest 5 seconds (X-mas tree scull)  
Head-first scull on stomach, start with hands above head and scull in and out with forearm to make the shape of a X-mas tree. The arms travel down the body until you finish past your hips. Recover arms under the water. Keep head in water looking down for as long as possible.
- **swim 4x50s** fly descending @ 1:00
- **4x25s** sculling, rest 5 seconds (canoe scull)  
Head-first scull on stomach with hands at your hips, flex wrist joint so your fingers point toward the bottom of the pool. You can have a slight bend at the elbow. Head in or out of water.
- **swim 4x50s** fly @ 1:00 descending starting #1 with the time you had on #2 of the first set.

### cool down

- swim 2x100s 75 free, 25 back

### total

- 3,000 yards

### tips:

- All sculls have been given a name for better recall.
- Sculls are specifically related to strokes in the sets following sculls.
- Pull buoys may be worn during sculling sets if desired.
- Sculling should always be done in the same plane.
- Most sculls use a high elbow and forearm pull.
- When performing a scull with the hand only the wrist angle determines the direction you travel in.

