

Barney Hungerford's 1-Hour Short Course Workout

For Linda Van Ocker's 46th birthday, or is it the 48th? or 49th?

warm-up

- 400 free (every 4th lap kicking)
- 4 laps of backstroke
- 6 laps of breaststroke
- 4 laps of free (lap is 25 yds.) (750 yds.)
Oy Vey! Well-behaved women rarely make history.

main sets

- 1st set: **Weird 500 IM**
Continuous, 4 laps of fly
6 laps of backstroke
4 laps of breast
6 laps of free (blame Linda) (1250 yards)
Your swimming is forcing me to use a four-letter word...WORK!
- 2nd set: **Weird Pyramid**, all free
4 Laps of free (30 sec. rest)
6 Laps of free (1 min. rest)
4 Laps of free (30 sec. rest)
6 Laps of free (sing "Happy Birthday" to Linda) (1750 yards)
No outfit is complete without CAT hair.
- 3rd set: **Weird 50 IMs**
12.5 yds. of each stroke, mid pool
(4+6=) 10x50IMs with 30 sec. rest after each 50 (2250 yards)
It's great to have friends to grow old with.... You go first.
- 4th set: **Weird Swimmers doing 25s side-by-side**, all free
(4+6 =) 10x25s free, slow to fast 30 sec. rest after each (2500 yards)
Linda survived a category 46 birthday, and is still messed up.

warmdown

- 100 easy, any stroke, each 25 slower than the previous (2600 yards)
Real women don't have hot flashes. They have power surges.

total yards

2,600

I smile because you are one of my swimmers. I laugh because there is nothing you can do about it.