

# web workout

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## workout notes

**>>> Cross-country swimming.** The entire team starts out in a single file line, starting behind an end lane. At three-second intervals, each swimmer swims up one side of the lane and down the other side, then goes under the lane line to the next lane and repeats this pattern down the pool (team will snake down the pool). At the other end, each swimmer exits the pool and returns to the starting position for the second cross-country round. (In an eight-lane, 25-yard pool, one cross-country lap is 400 yards.) Alternate each 25 or 50 with water polo swimming, a drill or scull lap, or three strokes head-up, three strokes head-down, for sighting practice.

**>>> Barrel-Roll Drill.** Swim freestyle regular stroke for three to five strokes and then flip turn. You will find yourself a little disoriented from having to start swimming from a compete stop within the lap. This exercise simulates the starting and stopping that may happen in open-water races.

**>>> Warm Down.** Lanes lines out swimming for the warm down 200 to 400 yards, or swim the perimeter of the pool five times. Another option is to break the team into two or four groups, then start in the corners and swim diagonally to the other corner (tagging off like a relay). A lot of interesting things will happen in the middle of the pool. It's great practice for all the bumps and body contact that happen in open-water events.

**>>> Alternates to the Main Set.** Open-water swimming races usually involve a fast start (sometimes faster than many of us plan to go); a tempo or cruising middle part; and a fast or getting faster finish. The faster finish is to break away from the person who drafted behind you the entire race. Try the following alternatives in the main set to simulate the different energy systems you use in a long-distance race (a lactate-buffering pace, a sub-threshold to threshold pace, and a lactate-tolerance pace).

- Repeat the main set a second time around using a front-mounted snorkel.
- Replace the broken 500s with broken 800s or 1200s to train for longer open-water races.
- For broken 1200s, swim the first 1200, 12x100; the second 1200 straight; and the third 1200, 3x400 descend.

## the workout

### warm-up

- **1x cross country lap** (can add additional cross-country laps up to 3 circuits)
- **1st lap** all freestyle, 2nd lap all drills, 3rd lap all head up swimming or variations

### kick drill

- **All groups:** 300 to 600 scull/drill/kick by 25 or 50 (on the kick try it with one leg bent and heel out of the water)

### main set

- **1500** done as 3x500s broken
- **1st 500** is 10x50, 100 percent effort, set the interval where you are getting 1x to 3x the rest time of the swim effort time.
- **200** barrel-roll drill (see workout notes)
- **2nd 500** is pull or swim at a tempo, 85-percent effort
- **200** barrel-roll drill (see workout notes)
- **3rd 500** is 5x100 descend on 2:00min or 45 sec rest between each try to drop 3 seconds each 100.

### warm down

- **All groups:** Lane line out swimming (see workout notes)

- Vary the 50s and 100s with alternating odds/evens, heads-up swimming.

**>>> Facts.** As you swim, your tongue absorbs some of the water you are swimming in, so when you re-hydrate during an open water swim or after warm-up in salt or fresh water, spit out your first sip. This is water you may not want to swallow.

- Typical open-water swims range from 1 mile, 5k, 10k, 25k to longer "destination swims" such as the English Channel or Alcatraz.
- This past April, Martin Strel, 52, completed the 5,265-kilometre swim from Peru to Brazil in 66 days.

