

web workout

by Hermine Terhorst, Santa Rosa Masters Flower Power and 2007 Pacific Masters Coach of the Year

Works In Progress (WIP)

The purpose of this set is to learn to go as fast as possible with the fewest strokes. My motto as a coach: "If I don't make you uncomfortable once in a while, I'm not doing my job." Hence, clean-up Wednesdays. Typically, Monday and Tuesday are high-yardage, intense sets, so to avoid the possibility of garbage yardage, we clean things up a bit. Almost all swimmers are uncomfortable with this workout the first time they do it, only to find out how beneficial it is to lengthening your stroke while going faster and feeling balanced. Your body can and will learn new things and will wholeheartedly embrace beautiful alignment.

the workout

warm-up

••• 500 free (always)

As a Masters swimmer, you are getting older, so please get in the water slowly (no matter how cold it is), and wait for your core to tell you when you are warmed up. You actually can feel a mild rush of blood hit your system between 300 and 500 yards if you begin very slowly. This is a great way to be ready for anything.

••• 300 yards

Level 1 (Beginner): 6-17 300

Level 2 (Intermediate): 4-15 300

Level 3 (Advanced): 2-13 300

Begin your 300 with the lowest stroke count for your level. So Level 3 would do only two strokes on the first 25, three strokes on the second, four strokes on the third, and so on, to finish the 300. This exercise captures every drill necessary to complete the workout. Remain on your side until you switch to the next stroke. Advanced swimmers do this with the arm held above the head, not at the side. When you get into nine to 10 strokes, you begin having to put strokes together, breathing only when necessary. By the finish, you should be swimming perfectly (not drilling) for your level. Beginners 17 strokes; intermediate, 15 strokes; and advanced, 13. Obviously, the more times you attempt this drill, the better you will become.

main set

••• 4x (3x100 + 3x50, descending)

	Level 1	Level 2	Level 3
3x100, 2:00. # is strokes per 25	6,7,8,9	7,8,9,10	8,9,10,11
3x50, descending :60. # is strokes per 25	all @ 10	all @ 11	all @ 12
3x100, 2:00. # is strokes per 25	7,8,9,10	8,9,10,11	9,10,11,12
3x50, descending :60. # is strokes per 25	all @ 11	all @ 12	all @ 13
3x100, 2:00. # is strokes per 25	8,9,10,11	9,10,11,12	10,11,12,13
3x50, descending :60. # is strokes per 25	all @ 12	all @ 13	all @ 14
3x100, 2:00. # is strokes per 25	9,10,11,12	10,11,12,13	11,12,13,14
3x50, descending :60. # is strokes per 25	all @ 13	all @ 14	all @ 15

••• Masters Minute (or two or three)

grand finale

	500 yds	400 yds	300 yds
# is strokes per 25 for entire swim (for time)	14-15	15-16	16-17

total

3100	3000	2900
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Workout Notes

>>> **Main Set.** Do all three 100s of each set in increasing stroke counts per your level, trying to bring down your time on each one as you learn to “manage your real estate.” The three 50s are descending. Do those at the topmost speed per the particular stroke count. By the time you get to the final set of 100s and 50s, you should be going much faster than the

first few sets. Do the final 50s at sprint pace for your level.

>>> **Grand Finale.** It has been my observation that a fast 500 still maintains a very low stroke count (time in lane four the next time you are at a meet, and count the fastest swimmer’s strokes). So your goal for the finale should be to maintain your assigned

stroke count per your level and go as fast as you can. Have fun!

