

web workout

by Ahelee Sue Osborn, Irvine Novaquatics Masters, Irvine Calif.

CROSSFIT BUILDS STRENGTH FOR SWIMMING

the workout

Set No. 1 – CrossFit IM Swim

warm-up

- 200 Free + 100 Back + 100 Breast (ae)*
- 150 Free + 75 Back + 75 Breast (i)*
- 100 Free + 50 Back + 50 Breast (r)*

Teach correct form for air squat, pullout, pushup, and sit-up

main set

- 10 air squats + 50 Fly
- 10 pullouts + 50 Back
- 10 pushups + 50 Breast
- 10 sit-ups + 50 Free

(Novice swimmers do freestyle each time)

Repeat cycle, three rounds continuous – For time!

clean-up Set

Pull 3X500(a*)/400(e*)/300(i*)/200(r*) @ :20-:30 (Rest interval, can be broken if you like)

Set No. 2 – CrossFit Swim Spinal Tap 1650

This set is based on a scene from the '80s movie, "Spinal Tap," about the heavy metal rock band that wants to be the loudest band, so they have amps custom-made with volume controls that go to 11 instead of just to 10.

An interviewer asks: "Why don't you just make 10 louder?" Answer: "But this goes to 11!"

main set

Swim in sequence, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 and 11 lengths of the pool (1650 yards in a 25-yard pool). For each repeat, do the same number of pullouts as the number of lengths of the pull that you swim. When you finish a sequence at the far end of the pool, do the same number of Streamline Squat Jumps as you did pool lengths. When you finish a sequence at the starting end of the pool, do the same number of pushups as you did pool lengths. It works like this:

- Swim 1 length, do 1 pullout, and do 1 squat jump at the far end of the pool.
- Swim 2 lengths, do 2 pullouts, and do 2 squat jumps at the far end of the pool.
- Swim 3 lengths, do 3 pullouts, and do 3 pushups at the starting end of the pool.
- Swim 4 lengths, do 4 pullouts, and do 4 pushups at the starting end of the pool.
- Swim 5 lengths, do 5 pullouts, and do 5 squat jumps at the far end of the pool.
- Swim 6 lengths, do 6 pullouts, and do 6 squat jumps at the far end of the pool.
- Swim 7 lengths, do 7 pullouts, and do 7 pushups at the starting end of the pool.
- Swim 8 lengths, do 8 pullouts, and do 8 pushups at the starting end of the pool.
- Swim 9 lengths, do 9 pullouts, and do 9 squat jumps at the far end of the pool.
- Swim 10 lengths, do 10 pullouts, and do 10 squat jumps at the far end of the pool.
- Swim 11 lengths, do 11 pullouts, and do 11 pushups at the starting end of the pool.

Time the entire set to the end of the last of 11 pushups.

NOTE: Dive into the pool only if the water is deep enough to dive safely.

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* a: advanced
e: expert
i: intermediate
r: rookie

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Crossfit Notes

••• Three ingredients for a good strength building swimming workout

1. Proper technique.
2. Challenging but very basic exercises poolside.
3. Opportunity to demonstrate individual progress.

••• What to focus while doing this type of workout.

- 1. Focus on correct technique during the exercise.** Good technique is the key to avoiding injury and keeping the set equal among swimmers.
- 2. Focus on speed.** Keep the intensity very high for the set. All CrossFit sets are timed, logged and posted for the team.

••• How CrossFit training sets differ from other, more standard types of sets.

CrossFit builds basic and overall physical strengths needed for survival in life. Swimming alone does not provide this strength building, and swimmers often look for other methods to build power. A CrossFit

Swim set provides an all around strength building opportunity in one practice swim session.

••• Definition of Crossfit

"Constantly varying, functional movements, at high intensity."

••• General Physical Skills

If your goal is optimum physical competence, then all the general physical skills must be considered:

- 1. Cardiovascular/respiratory endurance:** The ability of body systems to gather, process and deliver oxygen.
- 2. Stamina:** The ability of body systems to process, deliver, store and utilize energy.
- 3. Strength:** The ability of a muscular unit, or combination of muscular units, to apply force.
- 4. Flexibility:** The ability to maximize the range of motion at a given joint.
- 5. Power:** The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.
- 6. Speed:** The ability to minimize the

time cycle of a repeated movement.

7. Coordination: The ability to combine several distinct movement patterns into a singular distinct movement.

8. Agility: The ability to minimize transition time from one movement pattern to another.

9. Balance: The ability to control the placement of the body's center of gravity in relation to its support base.

10. Accuracy: The ability to control movement in a given direction or at a given intensity.

To see photos from the CrossFit set, visit multisportsoc.smugmug.com/gallery/3748395#215549606

