

web workout

by Chuck Burr, Team Ridglea Masters

Swim Faster—Live Better—With Larger Lungs

When you complete this workout session, you should feel as if you have just experienced a good test on your lung capacity. By occasionally training hypoxic breathing (the reduction or elimination of breathing during swimming), you will feel better not only in the water, but also in everyday life.

the workout

You will see terminology referring to the number of freestyle strokes per breaths (e.g., “3 & 1” means three freestyle strokes/one breath and “5 & 1” means five freestyle strokes/one breath).

“We All Do the Same Thing Differently.” So that everyone in our program feels the unity of the team, all ability levels normally do the same thing. We will adjust the distance (not the interval) to meet everyone’s experience and ability levels. Thus, in a 25-yard pool:

warm-up

Lane 1

- 300 freestyle
- 200 kick
- 300 freestyle

Lane 2

- 200 freestyle
- 200 kick
- 200 freestyle

Lane 3

- 200 freestyle
- 100 kick
- 100 freestyle

introductory set

- **16x25** :30 same set :35 same set :40
- **1-4**; kick any stroke
- **5-8**; freestyle 5 & 1
- **9-12**; kick any stroke
- **13-16**; freestyle 7 & 1

main set

- **4x100** freestyle, descend each 100
- Lane 1** 1:30 **Lane 2** 1:45 **Lane 3** 2:00
(1st 25 is 5 & 1 breath, your choice the next 75)
- **200** easy recovery kick **150** easy recovery kick **100** easy recovery kick
- **4x100** freestyle, descend each 100
1:30 1:45 2:00
(1st 25 is 7 & 1 breath, your choice the next 75)
- **200** easy recovery kick 150 easy recovery kick 100 easy recovery kick
- **4x100** freestyle, descend each 100
1:30 1:45 2:00
(last 25 is 5 & 1 breath, your choice 1st 75)
- **200** easy recovery kick 150 easy recovery kick 100 easy recovery kick
- **4x100** freestyle, descend each 100
1:30 1:45 2:00
(last 25 is 7 & 1 breath, your choice 1st 75)

warm down

- **500 free** relaxed pull **400 free** relaxed pull **300 free** relaxed pull

For all groups, every fourth length is breath control:

Length #4: 3 & 1, **Length #8:** 5 & 1, **Length #12:** 7 & 1, **Length #16:** 9 & 1, **Length #20:** 11 & 1.

total yards

3900 **3450** **3100**

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Workout Notes

Relax during the warm-up session. It is meant to get your body prepared for a *fun* and challenging main set. Try and complete the warm-up in 20 minutes using as little energy as possible. Be fresh when you start the main set. In warm-up, occasionally count your strokes, making sure that your stroke count doesn't increase as you complete this portion. Keep your strokes very long and relaxed.

The introductory set is simply designed to get your heart rate motivated to prepare you for the upcoming set. When you finish this set of 25's, you should now be awake for the upcoming challenge.

On the main set, your primary focus is to make the breath control portions. Note on the first half of the set, the 5 &

1 and 7 & 1 come at the *first* of each 100. On the last half of the set, the 5 & 1 and 7 & 1 come at the tail end of the 100's. Remember, anyone can swim well when rested. How well can you swim when you're tired and out of oxygen? Meet the challenge.

Technique Tips

While focusing on holding your breath at specific times in your session, try to swim more relaxed than normal. The parts of the body that burn up the most oxygen (that get us the most tired) are the thighs. Thus, relax your legs. It may be easier to simply pull while doing this set. If you use your legs too much, too early in the set, you may not have the energy to meet the goals at the end of the set. Be smart—think ahead!

The purpose of incorporating breath

control into some of your freestyle swimming sets meets a multitude of reasons. By having a larger lung capacity, you will have a longer breaststroke underwater pull-out from each turn; you will be able to kick farther underwater on backstroke off of each wall; you'll be able to hold your breath off the wall better during the butterfly turns; and as a runner, you'll be able keep your shoulders back, and run more upright when your legs get tired.

A larger lung capacity has many far reaching positive effects on your total well-being.

