

web workout

by Ellen Parchen, Montana Masters.

Preparing for Open Water and Long Course – Short Pool Workout

Many of our Masters swimmers in Missoula shift gears in the spring to move from short course training – stroke work, with a distance freestyle blend – to get ready for open water events and long course training. Although Montana Masters will be getting a 50-meter pool back in town soon, having been without one for two summers now, we have developed workouts for our 25-yard pool to maintain enthusiasm and diversity while helping folks get ready for their summer events. We do some crazy things in our 25-yard pool. Here's an example::

the workout

warm-up

- **400 Free**, 4x100 choice, 4x50 Drill/swim
Yardage: 1000

main set

- **Part 1: A mix of open water and long course work in the 25-yard pool**
Notes: The main set distance/repeats are written for the longer versions. Look for () in the text if you want to shorten the yardage. In this way, as a group we all get to do the shorter drill and fun work together. Add 5 or 10 seconds to any segment in which a specific interval is set. Otherwise, the intervals are rest times.
- **12 x 25s** – odds are race pace/ evens DPS @ :30, :40, :45 (many races require the ability to get up and race then settle into your distance eating tempo – this can be a difficult way to get started, but does mimic open water races)
- **“Texas” 500 @ Cruise Pace** – (one of the swimmers on the team once introduced this swim and it has stuck – nothing personal) Swim a 500 freestyle but the deep end wall no longer “exists”, flip turn at the T. The shallow end wall should be used as normal.
- **4 or (3) x 175 Free** – pull odds, swim the evens @ 85% effort, :20 rest
3x75 – 25 heads up/ 50 swim and build @ 1:15, 1:30, 1:45
Yardage: 1,725/2,725
- **Part 2**
- **3 or (2) x 225 Free** – change the lead by the 75 with your lane mates :20 rest (If you don't have lane mates, use the unsuspecting swimmer next to you to either stay ahead of that swimmer or follow the swimmer's pace as though you were drafting)
- **4x50 sighting drills @ :15 sec rest** – sneak a peek with your nose still in the water at least twice/length
- **6x25s** – mass start and race to a lead :40 sec interval – 3+ swimmers leave side by side at the same time in the lane (make sure all of your lane mates are in agreement about this, as it can get quite exciting depending on the competitive nature of your buddies.)
Yardage: 1,025/3,750

cool down *(a bit of “Cognitive swimming”)*

- **6x50** – mix up the stroke arms with a different kick – for example, breaststroke arms and flutter kick, then freestyle arms with breaststroke kick. Some of the combinations can be quite challenging, but also very amusing as our brains try to process how to mix things up. The purpose of the workout is to get a feel of the water, as well as re-tune into what are we doing, to put things back together at the end of a workout.
Yardage: 300/4,050

total yards

- 4050

Ellen Parchen has been coaching age group teams since 1988, and swimming in Masters since 1990. She currently works with Missoula Aquatic Club (MAC) at the Grizzly Pool, University of Montana, Missoula. Parchen is also one of three coaches selected for the 2008 Online Workout series on the USMS Web site.