

web workout

by Kevin Williams, Strawberry Canyon Aquatic Masters

Building Endurance for the Open Water in a 25-yard Pool

the workout

Lane 1 (1:15)

warm-up

200 free + 150 kick
250 with buoy + 100 IM

drill

8x50 free
25 drill 25 swim

main set

Repeat the following four lines four times:

50 choice fast (85%) @ :45
200 free @ (+05/100) 2:40
100 free fast @ 1:20
200 free @ pace on 2:30

kicking

8x50 @ :55
odds: flutter evens: dolphin

cool down

100 easy

total

3,800

Lane 2 (1:30)

200 free + 100 kick
200 with buoy + 100 IM

6x50 free
25 drill 25 swim

50 choice fast (85%) @ :55
150 free @ (+05/100) 2:20
100 free fast @ 1:35
200 free @ pace on 2:40

6x50 @ 1:10
odds: flutter evens: dolphin

100 easy

3,300

Lane 3 (1:50)

200 free + 50 kick
150 with buoy + 100 IM

4x50 free
25 drill 25 swim

50 choice fast (85%) @ 1:05
150 free @ (+05/100) 2:55
100 free fast @ 1:55
150 free @ pace on 2:50

4x50 @ 1:30
odds: flutter evens: dolphin

100 easy

2,800