

# web workout

by Steve Lintz, Sierra Nevada Masters

## Back to School

Lintz, a former Oregon State University swimmer ('68 to '70) and coach for more than 35 years, contributes this month's Web workout for the back-to-school period following long course season. Designed to rebuild yardage looking toward the spring USMS Nationals, the workout includes IM practice. Lintz says many of his triathletes change the stroke work to freestyle. He has been coaching Sierra Nevada Masters since 1989.

### Workout Notes

**1.** Warm-up is "superform," which means paying attention to all aspects of the stroke. If your coach has given you something in particular to work on, do that during warm-up.

#### The 150 Alternate Laps of Drill:

- Finger drag to help keep the elbow high on recovery
- Finish with a flip to extend to the back of the stroke
- 8-beat to overemphasize the body role and laps of swim.

The 100 build means to start easy and go faster each lap. The 50 is all fast!

**2. Kick set.** With fins, or do 75 yds. and start without fins. Descend means to go faster on each cycle. Start easy and get stronger with each repetition.

**3. IM set.** Start each of the three cycles with 4X50, going the first 25 in IM order, and the return 25 in easy free. Without or without fins. The middle 100 is easy, long and smooth freestyle as a recovery. The 200 IM at the end of each cycle should be strong, a good effort.

**4. Pull set.** Comes after a short recovery set. The

## the workout

### warm-up

- 200 diminishing distance repeat: Rest 20 seconds between each.
- 200 yds. superform\* free
- 150 yds. drill/swim 25s
- 100 yds. build
- 50 yds. strong

### kick

- (With fins) 5X100 yds. on 1:45 descend or 4X75 and 1X50 no fins

### IM or 2 or 1 cycles (with fins) 3x

- 4x50 yds. on 1:00 = 25s IM order / free Technique swims
- 1x100 yds. on 1:45 = easy, recovery swim
- 1x200 yds. on 3:00 IM strong
- 4x50 yds. on 1:00 easy, recovery

### pull

- 12x100 yds.  
Nos. 1 through 6 = 1:30 descend, or two sets of 5 on 1:40 and 1:35  
Nos. 7 through 12 = 1:25 all strong, or two sets of 4 on 1:50 and 1:45

### quality swims

- 4x  
2x50 yds. on 1:00, 1) long and smooth, 2) breathe X3 or X5  
2x25 yds. on 0:30, fast.

### totals

- **Advanced** = 4,500 yds.
- **Regular** (first "or") = 3,650 yds.
- **Beginner** (second "or") = 2,950 yds.

pulls may be done straight as written or with a rest between each six. The first six form a descending set, each 100 faster than the one before.

**5. Quality set.** This set has a recovery 50 followed by a breath-control 50. Breathe after each three strokes (bilateral) or

after each five strokes (also bilateral). The 2X25s are very fast. You may do a short cool-down afterwards.