

web workout

by Susan Ingraham, Masters of South Texas

Short Axis Combo – Breaststroke and Butterfly

Breaststroke and butterfly share several traits. Combining the two within the workout demonstrates to the swimmer the importance of the press, catch, body position and core strength needed to excel in these strokes.

Editor's Note: Susan Ingraham was head swim coach for the 2000 USA Modern Pentathlon National Team, which sent three athletes to the 2000 Olympics. She also is 2008 US Masters Swimming Coach of the Year. Ingraham's club, the Masters of South Texas (M.O.S.T.), is a

U.S. Masters club based in San Antonio, Texas. The group swims several days a week at the Jewish Community Center of San Antonio, the Josh Davis Natatorium and the University of Texas at San Antonio.

>>> For more information about the group, go to www.mastersofsouthtexas.org.

the workout

warm-up

- 300 free, with choice of drill every 3rd length.

kick

- 300 continuous, odd 25s face down, even 25s on back. Rotate flutter, dolphin, breast kick (provides opportunity for front/back position of each style kick).
- **Sculling:** 200, repeating 4x25s twice through (no resting except for the laughing). Focus on the catch and press of the hands. And no, you may not "pull," only scull in either a figure eight pattern, or modified breaststroke style action, using only hands and forearms.
 - 1st 25:** on back, head leading down the pool, hands sculling by your side
 - 2nd 25:** face down, head first, hands are sculling straight out in front of the head
 - 3rd 25:** on back, feet first, hands can be by side or above your head
 - 4th 25:** face down, feet first, hands stretched above your head - think core!
- **Tune-Up: 8x50s @ 1:10**, with fins. Now that our arms are on fire, let's get the rest of the body ready to hit the set.
 - Odds:** Breast pull with dolphin kick, with emphasis on the weight of the torso pressing on the hands.
 - Evens:** One arm fly, with hips up and coming out of the water, keep a relaxed reach forward.

main set:

- Choose from the following options for number of 75s and interval used.

20 @ 1:20 or 18 @ 1:30 or 16 @ 1:45 or 14 @ 2:00

75 Fly
50 Fly/25 Breast
25 Fly/50 Breast
75 Breast
50 Breast/25 Fly
25 Breast/50 Fly
Repeat

- **Kick:** 300, recovery kick with fins. Nice easy cruise of dolphin kick, must do flip turns and six underwater kicks off each wall.
- **Swim:** 10x25 sprints on :40, with fins. Odds: free; evens: fly. And, no, you may not dog one. The pain is good for you!

cool down

- 200 easy