

Favorite Workout Hits Two Energy Systems

It seems that most coaches, myself included, latch onto a favorite workout every year. I use many different variations of this workout, but this is the base practice and main set. I like to hit at least two energy systems during a practice.

the workout

warm up

- 600 choice, 4x75s choice middle length strong, :15 second rest in between 75s.

Note: Try to get the heart rate up a little more before the main set. The 4x75s set seems to do the trick.

main set

- 8x250s (Odd number 250s are Pyramid IMs: 1 length fly, 2 back, 3 breast and 4 free)(Even number 250s are freestyle. Rest intervals are between :30 and :40 seconds per 250.
- The IMs are for form only, working on turns and technique.
- The freestyles descend 1 to 4 to very strong, about 85 percent.

Note: This is mainly an aerobic set that gives you a good chance to get up and go on the last 250. Just doing the Pyramid IM's is pretty fatiguing. For my Triathlete Freestylers and swimmers that just like Freestyle we adjust the set to the odds being moderate Free and evens negative split Free descend 1-4.

- We cool down at least a 100 after this set.

kick set

- Start with a 200 "Social Kick" then go into 8x25s, alternating one easy then one fast on the :45.

Note: Adding the 25s at the end with a little more intensity reflects a commitment to making the legs stronger this year.

pull set

- 8x50s easy on the 1:00 just make the interval.

last set

- 12x25s speed drill on :40 with four stroke cycles, fast.

cool down

- At least 100.

Note: we do speed drills a lot throughout the year varying the number of cycles depending on where we are on our meet or triathlon schedule. we sometimes put more emphasis on the pull set and just do a easy 200 kick with the same base main set.

total

- 4200yds (900, 2000, 100, 400, 400, 300, 100)