

# web workout

by Nate McBride, West Side Swim Club

## Workouts for Open Water and Short Course Yards

Nate McBride, head coach of the West Side Swim Club of Sudbury, Mass., contributes two Web Workouts. McBride has been coaching age group swimmers, Masters swimmers, open water swimmers and triathletes since 1993. He is a graduate of Connecticut College, where he swam distance and captained the swim team his senior year.

McBride is a fan of high pace, repeating interval, mid- to long-distance sets. He also believes everyone has the ability to become a good, if not great, swimmer. He is one of four coaches contributing workouts on the U.S. Masters Swimming Forums.

>>> To view Web Workouts, go to [www.usmsswimmer.com](http://www.usmsswimmer.com).

### the workout

#### Open Water

(Note: you must know your pool stroke count for a 50 @ 200 pace whether it be SCY or LCM)

#### warm up

25 minutes of feel-good, controlled swimming. Nothing fancy, just think about extension, early vertical forearm, rotation and breathing.

#### Set 1 (primary set):

- 4x{
- 4 x 100 strokes on :15r - alt. 10 strokes easy with side breathing, followed by 10 strokes hard and controlled with HU breathing
- 2 x 200 strokes on :20r - alt. 5 strokes easy, no breathing, followed by 15 strokes hard and controlled with HU breathing
- 8 x 50 @ 200 pace interval - HU breathing only (this is where knowing your stroke count comes in. For example, if you swim a 50 in 32 strokes and your 200 pace is a 3:00, then you swim 32 strokes and stop and your interval is :45 for the 50)

#### total

- 5,000 yards, 1 hour and 25 minutes

#### Peak Summer SCY Workout

(SCY Pool, 1:30 base)

#### warm up

- 1 x 275 free - 4:10
- 6 x 25 - catchup - :30
- 1 x 125 free - 1:55
- 6 x 25 - catchup - :30
- 4 x 200 pull - breathe every 3 with HU breath - paddles and buoy
- 2 x 200 on 2:55
- 2 x 100 on 1:25
- 1 x 300 on 4:20
- 1 x 200 on 2:50
- 1 x 100 on 1:20
- 10 x 50 - odds are max on :45; evens are easy on :55

#### Set 1:

- 3x{
- 5 x 25 free on :25
- 3 x 125 - 100 free build w/uh20 turns - :05r - 25 sprint on 3 or fewer breaths - 2:15

#### total

- 6,650 yards, 1 hour and 48 minutes

#### Set 2:

- 3 x 300 on 4:30
- 3 x 200 on 3:00
- 3 x 100 on 1:30
- 2 x 300 on 4:25