

web workout

by Mo Chambers

Mo's Web Workout

Mo Chambers, co-author of "Mastering Swimming," (2008, Human Kinetics) and 1996 USMS Coach of the Year, contributes the Web Workout for July-August. Chambers lives and trains in Vancouver, Wash. She offers a selection of workouts each week on the USMS website, titled "Mo's Workout Café."

"I remember my age group coach telling us, 'You're only in as good a shape as your legs!' as he sent us off on another set of 10x100 kick," Chambers says. "Although I'm not sure I bought into it then, I know now that he was right on. Whether you swim distance, open water or sprints, freestyle or IM, a little extra attention to your legs will go a long way on race day." This workout will develop leg strength and endurance with a bit more variety than just your kickboard. Break out the fins if you like and pick the distances that work best for you.

notes

••• **Cruise** (also called lane-base) is the standard send-off interval time. This set sometimes varies 5 or 10 seconds from your cruise in order to modify the rest. Simply use the standard *rest intervals* (RI).

••• **4-kick drill** is one of Chamber's warm-up favorites. Begin by kicking on your side with your bottom arm extended underwater towards the wall in front of you and your top arm relaxed at your side. Keep your eyes focused on the bottom of the pool, and your head and neck aligned with your spine as you count to four. Then take one stroke as you rotate to your other side. After breathing on the new side, position your head with

your eyes toward the bottom. Count and repeat.

••• **Squats** are performed on the side of the pool. Before beginning the main set, clear the deck area of kickboards, pull buoys, and other pool toys. To perform a squat, stand with your feet at shoulder width apart and your arms extended in front of you. Slowly lower your buttocks as if you were going to sit in a chair. Go as deep as you comfortably can and then slowly stand up. Focus on keeping good posture in your upper body and allow your outstretched arms to maintain balance.

••• **Vertical Kicking** is performed

in the deep end of a pool. Begin in an upright position with your head out of water and your feet pointed toward the bottom of the pool. Keep your hands out of water or crossed over your chest and holding your shoulders as you kick to maintain your position in the water. Focus on maintaining good posture with your shoulders directly over your hips and hips over your feet. Keep the kick narrow and fast. If necessary, you may use short fins or throw in a minimum amount of sculling with your hands to stay on the water surface. Those who want an additional challenge can hold a kickboard over their head or streamline their arms over their head as they kick.

continued ▶

Legs

warm-up

••• 1 x 200, Stretch, 1 x 100 (400)

drills

••• 8 x 75	6 x 75	4 x 75
ODDS: 50 4-kick drill / 25 free, breathe every 3rd stroke		
EVENES: 25 streamlined back kick / 50 swim, free or back		
••• 1 x 200	1 x 150	1 x 100
Free or back swim with extra attention to turns and streamlines		
Easy between the flags; FAST in/out of walls		
(800/1200)	(600/1000)	(400/800)

main

••• 6 x 50, Kick, steady paced. Boards OK (except for back kick) RI=:10

••• 1 x 300	1 x 200	1 x 150
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Freestyle swim

After every 3rd length, climb out of the pool for 10 deep squats
Rest :45 after the 300

••• 6 x 50	6 x 50	6 x 50
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#1-4: Kick, steady; RI=:10
#5,6: Swim, good effort, on cruise + :05 or RI=:10

••• 1 x 300	1 x 200	1 x 150
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Freestyle swim

After each odd length, vertical kick for 15 seconds
Rest :45 after the 300

••• 6 x 50	6 x 50	6 x 50
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#1,2: Kick, steady; RI=:10
#3,4: Swim, good effort, on cruise + :05 or RI=:10
#5,6: Swim, better effort, on cruise or RI=:10

••• 1 x 300	1 x 200	1 x 150
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All kick, build by 100
Rest :45 after the 300

••• 6 x 50	6 x 50	6 x 50
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#1,2: Swim, good effort on cruise + :05 or RI=:10
#3,4: Swim, better effort on cruise or RI=:10
#5,6: Swim, best effort, on cruse - :05 or RI=:05

(2100/3300)	(1800/2800)	(1650/2450)
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warm-down

••• 1 x 200, All easy free, drag fingertips on the odd lengths. (200/3500) – (200/3000) – (200/2650)