

web workout

by Holly Kenney, Red Giants Masters

Time Trial Workout

Hollie Kenney's training philosophy is "Do it BECAUSE YOU CAN." She says that approach might sound simple, but it can be pretty intense. To avoid injuries, however, she says stay away from quick fixes or intense builds. Hollie likes to keep her athletes in the sport for a long time.

Hollie's favorite workout incorporates a 1,000 time trial, which enables swimmers to see their progress each month. This workout that is easy to do alone or with a group. Make sure you bring a watch for timing.

>>> **Hollie Kenney, a USA Triathlon-certified coach, volunteers**

as a Masters swimming coach for the Red Giants Masters swim team in Austin, Texas. She also is head Masters swimming coach at the Maryland Athletic Club and Ancient Mariners Swim Team in Baltimore, Md. After competing as a swimmer in her youth, Kenney started running in high school in

Baltimore. She was second at the cross-country nationals in 1988. Hollie attended Duquesne University, where she broke the school's mile record (4:45.09). During her freshman year, she signed up for her first triathlon and finished third in her age group.

the workout

warm-up

- 300 easy free
 - 300 pull
 - 150 kick
- (750)

pre Set

- 6x75 (25 kick, 25 drill, 25 easy free) on :10 rest
 - 6x50 (25 backstroke, 25 free fast) on :10 rest
 - 6x25 non - free on :05 rest
 - 3 minutes rest
- (1,000)

main Set

- 1,000 meter/yard time trial
 - 200 easy non-free
 - 6x50 kick on :15 rest
 - 3x100 fast with :30 rest
 - 200 free IM
- (2,000)

cool-down

- 150 easy

total

- 3,900

Record 1,000 time trial and re-visit this workout once a month to see progress. Each month, add another 100 fast to the 3 x 100 fast.