

# web workout

by Nancy Kirkpatrick-Reno

## My Mid-Season Favorite

Coach Nancy Kirkpatrick-Reno of the Conejo Simi Aquatics Masters, winner of the U.S. Masters Swimming Speedo Coach of the Year award, contributes this Web Workout for November-December.

Kirkpatrick-Reno's accomplishments as an age-group swimmer are well known. She swam for Coach George Haines and the Santa Clara Swim Club in the 1970s, and then went on to swim at UCLA, one of the first women to receive a college sports scholarship. In 2007, wanting to leave her busy professional career in the health insurance field, she accepted a full-time coaching position at the Conejo Simi Aquatics in Thousand Oaks, Calif., as head age-group coach.

Some of her swimmers say Kirkpatrick-Reno's special gift is in her ability to bond with and blend together elites, beginners, and triathletes into a cohesive, successful team. She is also known for adopting stray swimmers who show up at meets without a coach.

This aerobic-based workout is Coach Kirkpatrick-Reno's mid-season favorite, and exemplifies her ability to blend together elites, beginners and triathletes into a cohesive, successful team. The advanced workout, totaling 5,200 yards, has appropriate adjustments for intermediate and beginning swimmers. The distance per stroke (DPS) swims will help you extend your reach and increase your efficiency.

*DISTANCE	ADVANCED	INTERMEDIATE	BEGINNERS
	400 swim	300 swim	200 drill/swim by 50s
	400 kick/swim by 50s	300 kick/swim by 50s	200 kick/swim by 50s
1,200	400 drill/swim by 50s w/snorkel: alternating fist, fingertip, catch-up drills	300 drill/swim by 50s w/snorkel: alternating fist, fingertip, catch-up drills	200 drill/swim by 50s: fist, fingertip, catch-up drills
500	10x50s 25 underwater dolphin; 25 swim (no fins) :60	10x50s 25UW; 25 swim w/fins :60	8x50s swim UW streamlines off walls as far as possible w/fins 1:30
500	10x50s 25 fly/25 free (fly is swum as 3 strokes w/dolphin, repeat) :60	6x50s 25 free/25 back 1:10	6x50s swim free 1:30
200	200 flutter kick for time, no fins	200 kick for time, w/fins	200 kick w/fins
500	10x50s DPS base stroke count 19 or less? :45 or :50	10x50s DPS base stroke count under 22 :60 or 1:05	8x50s pull w/buoy and snorkel 1:30, 1:35 or 1:40
1,000	10x100s swim; base DPS plus 2 max, 80% of max heart rate 1:20, 1:40 or 1:50	10x100s swim; base DPS plus 2 max, 80% of max heart rate 2:00, 2:10 or 2:15	200 flutter/dolphin kick; alternate 50s
200	200 flutter/dolphin kick, alternate 50s	200 flutter/dolphin kick, alternate 50s	100 swim easy
900	6x150s pull; last 50 stroke 2:30	4x150s pull; free w/snorkel 3:00	
200	200 swim easy	150 swim easy	

**Total:**  
5,200

\*Distances are for advanced workout.