

Anaerobic Workout for Speed – Choose Your Strokes

This is a workout to get ready to go faster – to work the anaerobic energy zone a bit more. To take the focus stroke up a notch, you are allowed to choose your own stroke. The total workout is about 4,000 yards, depending upon how much you warm up.

Adjust number of reps and intervals to your ability. My beginners do the same workouts as more experienced swimmers, but slower with less yardage. I try to avoid emphasis on yardage, focusing on lessons learned, skills, and successes within the practice.

COACH'S NOTES ON LIMBERING UP

- Limbering acts as a release and takes almost no time.
- Arms begin over your head for linear extension.
- Hands come down, neck is relaxed with cervical nods and circles, then chest opens, shoulders are brought down.
- Move lower to a waist twist, then quads and ham strings lengthening.
- Circle ankles in both directions; flex and extend the ankles.
- After the workout is over, do some stretching, with particular caution for shoulders.

on deck

- Shakers, cords, little jog, shadow-boxing. About 5 Minutes.

warm-up

- 200 choice swim, nice and long (feel the water)
- 3x50 choice as kick/swim by 25s
- 100 choice pull with buoy
- Repeat with different choice of strokes for total time of about 10-15 minutes.

limber up

- Gentle top-down "limber" in the pool after the warm up and before the skill set.
(See Coach's Notes for details.)

skill set

- **Hypoxic 25s:**
4-6 x 25 free or fly with no breaths, or as few as possible
Easy outward push of breath. Liberal rest per 25.

main set

- **6x100 free on interval that allows about 15 sec. rest:**
[Odd 100s, start fast (no breath to flags), and ease off after first 25. Evens are build and finish fast. No breath from flags in.]
- **Stroke set;** change strokes in round #2
2 x { 4x25 fast (80% effort) with liberal rest
3x50
3x100 (challenging interval)
3x200
Keep up intensity and keep going within set. Rest for :30 to 1:00 at end of the set. Change stroke for second set set. IM is OK. Break at 25s; 50s.
- 200 free pull with buoy (breathe every 3, 4, 4 other side, 5, by 50s)

cool down

- 150 choice slow, easy-breathing, long, with fourth 25 as breast kick on back