

web workout

by Marilyn Grindrod, Masters Coach, Olympic Aquatic Club

Gentle and Nurturing Workout? It Works

warm up

- **4 x 100** – [75 free/25 scull with a balancing kick]
(Sculling: out sweep/in sweep (breast) / Carve at hips (fly) / Figure 8s (back) / High/Low over head and at hip on side (free))
- **4x75** – 50 drill / 25 kick
- **4x50** – rest interval :10
- **900 yards**

main set

- **4x(4 x 125)** – free 2:00
(No wall turn at the 100 mark: at the flags, flip or open turn and continue the other direction)
- **#1-3 free; #4 choice**
If IM, double up (50) on one stroke. Again, no wall turn at 100 mark
- **2,000 yards**

kick set

- **4x100** 2:00
[3 x 25 rest interval :10 (leave wall sitting in chair ... streamline on side and roll to front) ½ length streamline kick; ½ race pace. Bring legs into arms. Then 25 recovery]
- **400 yards**

pull set

- **8x75** 1:10 or rest interval :10
- Breathing pattern: Odd 75s 3/5/7; even choice pattern
- **600 yards**

sprint set

- **6x25** rest interval :10
- Off the blocks sprint: 2 free, No air for 9 arms / 25 recover choice
- **150 yards**

cool down

- **100 easy**, then hang.
- Relax in front float for about 45 seconds ... let your body become one with the water. 100 yards

total

- **4,150 yards**

MARILYN GRINDROD, 58, is a veteran coach who has had a major influence on swimming in the Puget Sound region of Washington. She managed the pools at Naval Submarine Base Bangor and Puget Sound Shipyard for 27 years, and has coached age-group and adult swimmers at all levels. Many of her age-group swimmers have gone on to compete at the college level. Grindrod is a 2008 recipient of the Kerry O'Brien Coaching Award.

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