

web workout

Laurel Liberty, of Illinois Masters, head coach of the Libertyville Masters, says her coaching philosophies are different for age-group and Masters swimmers. “For age-groupers, hard work works. I teach them how to work hard and do things right, which will take them very far in swimming,” she says. “With Masters swimming, it is about the love of the sport and having fun. If you have those things, you’re going to work hard.”

Liberty has provided this workout geared toward the 800-1500 Masters swimmer.

warm-up

- **400 Freestyle swim**
- **3 x 150** (swim/kick/pull by 150s) Rest 20
- **3 x 100** (swim/kick/pull by 100s) Rest 20
- **3 x 50** (swim/kick/pull by 50s) Rest 20

main set

- **3x** (300 swim 4:20) choose an interval where you get about 30 seconds rest
- **2x** (100 Pace 1:30) choose an interval where you get about 20 seconds rest
- **1x** (50 easy 1:00)
- **5x** (100 all pace 1:40) choose an interval where you get about 30 seconds rest

warm down

- **Choice**

The goal of the set is to set up pacing for a mile swim. If you don’t know your times or pace swim hard enough that you are out of breath at the end of the swim, but can resume talking to someone after about 20 seconds, you want to be able to go the same time and give the same effort on each of the 21 100s pace. Many of my distance swimmers, both triathletes and pool swimmers, like the challenge of holding the same time on all of the 100s; it is as mentally challenging as it is physical.