

web workout

BOBBY PATTEN of Dallas Aquatic Masters provides this workout, with the main set—Barnicoat 100s—named in honor of Steve Barnicoat, Olympian and fellow Dallas Aquatic Masters coach.

The set is designed so that you should fail to complete it initially, then revisit it as your speed and endurance increase with regular training. When you can complete the set, it is time to adjust the intervals.

The below intervals are a sample only, based on someone who swims at 1:00 or 1:05 pace per 100 in a distance event. Depending on where your fitness level is, try to hold a pace throughout the set. To set your interval for the first round, add 25-30 seconds to your pace. When you miss you are finished. The pattern for the 8 rounds is noted in parentheses after the intervals.

the workout

warm-up

5 x 200: 2 swim/1 kick/2 swim

kick set

(Choice)

Barnicoat 100s

8 sets of 3 x 100s:

- Round 1 3 x 100 1:30 (Pace + 25-30 seconds)
- Round 2 3 x 100 1:20 (Subtract 10 seconds)
- Round 3 3 x 100 1:25 (Add 5 seconds)
- Round 4 3 x 100 1:15 (Subtract 10 seconds)
- Round 5 3 x 100 1:20 (Add 5 seconds)
- Round 6 3 x 100 1:10 (Subtract 10 seconds)
- Round 7 3 x 100 1:15 (Add 5 seconds)
- Round 8 3 x 100 1:05 (Subtract 10 seconds)

warm-down

(Choice)