

web workout

Open Water Workout – Coach Scott Bay, Daytona Beach Masters

Warm-up

600 or 10 minutes, whichever works, mix of strokes

Drill Set

6 x 100 – 75 drill/25 swim

- **#1 and #2: Surf the Goggles.** Press a little with the hand and lift the head to where the water line is just below the goggles. It is a sneaky way to sight breathe as you still rotate and breathe to the side
- **#3 and #4: 9-3 Swims.** Swim nine strokes free and three strokes breast. Purpose is to be able to sight or switch or recover and get back to racing ASAP.
- **#5 and #6: Free Arms/Breast Kick.** This water polo drill is great for when you are in a crowd, especially if you need to get your head up to see and figure out where you want to be in a pack—a great way to survey the scene.

Kick Set

Many triathletes and open water swimmer neglect this part of the swim. For triathletes it is all about “saving the legs.” However, if you have a powerful and efficient kick it complements your win and strengthens the core. This provides you with more power to the pedals in the bike and a better run posture late in the race.

8 x 75 Kick

- **Odds:** Kick free; no board (aggressive on an interval that gives you 10 sec rest)
- **Evens:** Swim free; kick ONLY when you breath (but get at least 3-4 kicks in)

Main Set

1 x 1000 broken, 20 seconds rest between efforts:

- 400 pull, making sure you focus on the front-end technique.
- 300 sight-breathe every 5th stroke
- 200 at a comfortably hard pace
- 100 hard as you can go

5 x 200 on an interval that gives you 20 seconds rest:

- **Odds:** No-wall turns (flip at the T – change direction without a push off the wall). Tip: after the turn, push the chest down to get the hips back to level and kick like crazy.
- **Evens:** swim (build by 50 to 100% or race pace)

Drill Set Part 2

12 x 25 Drafts and Bumps

- **Odds:** Get a bunch of your friends together and swim in the same lane at the same time. Gets you used to the contact at the start of a race.
- **Evens:** Get a partner or a group of three and practice drafting. Remember, it is not right behind the swimmer in front but slightly to the left or the right.

Cool-down

150 cool down

total

4250 yards