

web workout

The following is for my fastest lanes. Adjust times and total yardage for other ability levels. I like this workout because it has a little of everything. — Coach Nancy Brown, Maryland Masters

Warm-up

- 300 (75 free, 25 breast drill, 75 free, 25 back drill, 75 free, 25 fly drill)
- 200 IM kick
- 300 pull (75 free, 25 back, three times through) Work on hip rotation (breathe 1 x 25 left side every four strokes, 1 x 25 right side every four strokes on the free)

Set #1

- 200 free on 2:45
- 2 x 100 free on 1:25
- 4 x 50 free on :45

Do the above twice through. Work on either distance pace or do the second set faster than the first. Take a minute break in between sets.

Set #2 (Fin Set)

- 4 x 150 (100 fly kick on back, 25 drill, 25 swim. Swim as a straight 600)

Do all four strokes substituting fly kick for breaststroke kick in the third 150. Work the 100 fly kicks on back for a great for abdominal workout.

Set #3

This set gives the swimmer a challenge as to what stroke to do on which interval.

There are three sets of 100s stroke or IM, with a 100 catch-up finger-drag free in between. The interval drops five seconds on each set. Choose back, breast, fly or IM—a different stroke on each set.

- 4 x 100 stroke or IM on 1:45
- 100 catch-up finger-drag free
- 3 x 100 stroke or IM on 1:40
- 100 catch-up finger-drag free
- 2 x 100 stroke or IM on 1:35
- 100 catch-up finger-drag free

Swim-down

- 200 swim-down: double-arm backstroke alternated with choice

Total

4000 yards