

web workout

Coach Charlie Tupitza of the Warrenton Masters Swim Team has provided *SWIMMER* with a workout designed to help someone successfully complete the swim leg—usually 750 meters—of a sprint triathlon. The workout goes by quickly and forces you to change speeds in the middle of the set. Tupitza sees the four main sets (950, 400, 400 and 200) as four broken swims. For the entire workout, he says, the swimmer should be focusing on the sprint segments.

Warm Up (800)

- 300 swim; 200 stroke, drill or pull; 100 kick
- 4 x 50 (first and third 50 stroke/drill)

Set 1 (950)

Focus is on the 100 sprints—maintaining or descending them.

- 50 non-free, 10 seconds rest, 100 sprint free
rest 20-30 seconds
- 100 non-free, 10 seconds rest, 100 sprint free
rest 20-30 seconds
- 150 moderate free, 10 seconds rest, 100 sprint free
rest 20-30 seconds
- 100 non-free, 10 seconds rest, 100 sprint free
rest 20-30 seconds
- 50 non-free, 10 seconds rest, 100 sprint free

Active Rest (50)

- Go right into a 50 kick on back

Set 2 (400)

- 400 free; sprint second 100

Kick/Sprint Set (100)

- 4 x 25 (15 seconds rest) streamlined underwater kick 12.5; sprint choice stroke 12.5

Set 3 (400)

- 400 free; sprint third 100

Set 4 (200)

- 4 x 50 sprint—choice of stroke (streamlined kick 12.5 yards underwater, 3-foot deep turn, streamlined kick off turn past flags—squeeze head with arms in tight streamline)

Warm Down (250)

- 250 (sprint first 50, then back way down for rest)
It is important to get the 20 to 30 seconds rest on the set with 100 sprints and no more than 10 seconds rest before the sprint.

Total:

3150 yards