

web workout

Coach Waldron offers *SWIMMER* something a little different. Reflecting her generous and hardworking spirit, Waldron has created three different main sets for your enjoyment; all designed for long course, each with a different focus.

L1/L2/L3 are the three different lane speeds. Where appropriate, there are additional modifications to these intervals to properly and appropriately challenge a lane.

Set One

>>> Focus: Distance and getting good at negative splitting, which is swimming the second half faster than the first half. The pulling is recovery for the swims, and the fast 200 at the end is a gut check.

	L1	L2	L3
••• 4 x 100 free pull, buoy only	1:40	1:50	3 x 100 2:10
••• 1 x 800 negative split	11:20	14:00	700 @ 15:20
••• 2 x 100 free pull, buoy only, easy	1:40	1:50	2:10
••• 1 x 600 swim, negative split	8:30	10:30	11:30
••• 4 x 100 free pull	1:40	1:50	3 x 100 @ 2:10
••• 1 x 400 swim, negative split	5:40	7:00	7:40
••• 1 x 200 free pull, buoy only	3:20	3:40	4:20
••• 1 x 200 free, FAST	GO!	GO!	GO!

Set Two

>>> Focus: Volume with IM

	L1	L2	L3
••• 3 x 300, descend 1-3 (100 free/100 IM/100 free)	5:00	6:00	6:50
••• 2 x 600, #2 is faster (200 IM/200 free/200 IM)	10:00	12:00	13:40
••• 3 x 300 descend 1-3 (100 free/100 IM/100 free)	5:00	6:00	6:50

Set Three

>>> Focus: Sprint, finishing with strong legs

8 times through:	L1	L2	L3
••• 1 x 150 (50 kick w/board/100 drill)	2:50	3:00	3:30
••• 2 x 100 (25 fast choice/50 free easy/ 25 fast choice)	1:40	1:50	2:10
••• 1 x 50 free kick ALL OUT!	1:30	1:30	1:30