

SUTT Fall 2006

Swim Workouts

KEY:

.CI: Cruise Interval: 100 pace (can hold for 10 100's) "send-off interval"

RI: Rest Interval (rest after complete)

Core: Press-Outs, prone front flips, reverse flips, dips, water run, leg lifts w/ shoulders in gutter

Scull: Eddy, Vortex, Drag and Lift

9/ 12	Mon Nov 20	Lanes 8) 2:00 9) 2:05 10) 2:10	Lanes 3) 1:35 4) 1:40, 5) 1:45, 6) 1:50, 7) 1:55,	Lanes 1) 1:25 2) 1:30	Comments
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1. Warm-up	same	same	4 x 100 easy good body rotation	<p>Themes: free and breaststroke technique</p> <p>Focus on excellent technique -- great stroke symmetry keeping head in line as you breath.</p> <p>EVF: Early vertical forearm</p>
2. Drill	same	same	<p>12 50's drill 25 swim 25:</p> <p>1) 3 kick switch, high elbow recov 2) fingertip drag 3) head up freestyle, good EVF 4) sighting 5,6) focus on excellent technique and EVF</p> <p>Repeat all (600/1000)</p> <p>3 x 100 strong free CI+5 1 x 300 mod pull (600/1600)</p>	
3. Main set	Same, skip last 6 x 100	Do 3 x 100 of last 6 x 100	<p>6 50's breaststroke drill:</p> <p>1) breast kick, arms out front scull 2) breast stroke kick on your back 3) 1 pull, 2 kick</p> <p>Repeat all (300/1900)</p> <p>1 x 200 moderate breast stroke swim (200/2100)</p> <p>6 x 100: Swim 6 strokes hard, kick 6 strokes on side (600/2700)</p>	
4. Warm-down			Easy 200 choice	
5. Total	~2300	~2600	~2900	

9/ 12	Tue Nov 21	Lanes 8) 2:00 9) 2:05 10) 2:10	Lanes 3) 1:35 4) 1:40, 5) 1:45, 6) 1:50, 7) 1:55,	Lanes 1) 1:25 2) 1:30	Comments
	1. Warm-up	200 choice only		200 free Stretch 200 choice	Themes: Distance Day, distance per stroke
	2. Transition			8 x 50 mixed drills (include at least 2 lengths of kick drills) 15" RI (400/800)	Drill Ideas: kick on side, 6 kick switch, finger-tip drag, one arm (free or fly or back),
	3. Main set	Do last set only 1x		100 moderate free, check time Repeat 100, work on distance per stroke, goal same time as last 100 (2 x 100) Repeat w/ 2 x 200 2 x 300 2 x 400 ~30" RI between each swim (2000/2800) 4 x 50 varied rest: (not CI, rest I) 50 (RI=15) 50 (RI=10) 50 (RI=5) 50 (RI=0) (go immediately into 200 easy) Repeat (800/3600)	focus on staying relaxed - try to work 'with' the water for more distance per stroke Count strokes occasionally through the set
	4. Warm-down	skip	skip	2 x 50 EZ back stroke 2 x 50 EZ free	
	5. Total	3000	~ 3600	~ 3800	