

Workout of the Month

MIDDLE DISTANCE PACE WORKOUT

by Kerry O'Brien - Walnut Creek Masters

WARM UP:

SWIM - 300, Kick -200, Pull -200 (700)

SET I:

SWIM 4 X 50: DESCEND 1-3 TO IDEAL 200 RACE PACE +:02 4TH 50 IS EZ

**** * IF "JEFF" SWIMS A 2:40.00 200 IN MEETS, THE +:02 PACE HE WILL DESCEND DOWN TO ON THE 3RD 50 IS :42 SEC.**

KICK 4 X 50: DESCEND 1-4

SWIM 4 X 25: SWIM WITH INCREASED KICKING (500)

SET II:

PULL 3 X 200 @ MODERATE INTERVAL (600)

- 1st 100 WORK THE FRONT END OF THE PULL PATTERN (EXTENTIONS AND CATCH)
- 2nd 100 WORK BACK END OF PULL PATTERN

(POWER PHASE AND PRESS OUT THE BACK WITH ACCELERATED HAND SPEED)

SET III: MAIN SET

ROUND 1: SWIM 1 X 125 @ RACE PACE + :02 SEC PER 50

***** FOR JEFF, THIS WOULD CALCULATE TO :42 + :42 + :21 = 1:45**

THEN... SWIM 3 X 75 DESCENDING TO RACE PACE

- INCREASE KICK ON LAST 75 TO HELP BRING YOU HOME!

***** FOR JEFF, HIS FASTEST 75 SHOULD BE ABOUT 1:03**

AND THEN... SWIM 6 X 25 ACTIVE RECOVERY (500)

ROUND 2: SWIM SAME 125 AS ROUND 1 (1:45)

THEN... SWIM 2 X 75 DESCENDING TO +:02 RACE PACE (1:03)

- INCREASE KICK ON LAST 75 TO HELP BRING YOU HOME!

AND THEN... 7 X 25 ACTIVE RECOVERY (450)

SWIM 1 X 125 SAME AS ROUNDS 1 AND 2 (1:45)

THEN ... SWIM 1 X 75 AT +:02 RACE PACE (1:03)

- INCREASE KICK ON LAST 75 TO HELP BRING YOU HOME!

AND THEN... SWIM 8 X 25 ACTIVE RECOVERY (400)

TOTAL 3,250

REST AND SEND OFF INTERVALS

- INTERVALS SHOULD BE MODERATE THROUGHOUT.
IF YOU ARE NOT COMFORTABLE USING INTERVALS,
KEEP ALL YOUR RESTS BETWEEN :10 AND :20 SEC,
BUT ALWAYS LEAVE ON A 5 OR 10 TO BETTER KEEP TRACK OF YOUR PACES

RED - STROKE FOCUS

BLUE - ONE EXAMPLE OF PACES AND PACE BREAKDOWNS