

Workout of the Month

**By Marty Gaal,
Coaches' Chair**

2,700 with sub-maximal and max effort sprints

The key to this workout are the 3 x 50 all out you'll be swimming in the main set each time through - everything else is getting your body and mind ready for those efforts.

Concentrate on good form, streamline & power off the wall, pull technique and turnover on everything but especially the 50s.

From a dive is optional. *Advanced swimmers could repeat the main set a 3rd or even 4th time; each round of the main set is 800 yards.*

Warm up (800 yards or meters)

300 easy

6 x 50 odds drill, evens kick on :15 rest

200 pull/paddles

Main set (1600)

8 x 25 odds underwater kick, evens fast / 90% effort on :15-20 rest

3 x 100 descending effort (so 3 is fast / 95%) on :20 rest

Break 1 minute

3 x 50 all out / 100% on 1:30 rest

1 x 150 easy swim or pull

Rest 1-2 minutes then repeat the main set again

Cool down (300)

6 x 50 odds kick, evens easy swim

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