

Workout of the Month

by Rob Cole



Below is a 3,400 yard pool workout that allows you to work on a variety of open water skills while still getting a good workout. The skills involve working on potential open water problems while still moving forward.

- 4 x 200 yards/meters warm-up

Swim, Kick, Pull, Swim

- 400 yards/meters alternating 4 strokes with head in the water and 4 strokes with head out of the water, :30 rest interval.

Only breathe when head is out of the water

- 400 yards/meters bilateral breathing
- 4 x 50 yards/meters goggle recovery drill

25 with eyes closed and goggles around neck. Open eyes to sight the end of the pool. 25 on back with breast stroke kick replacing googles. Once the goggles are back on, roll over and swim normally.

- 4 x 50 yards/meters cap and goggle recovery drill

25 with goggles around your neck and cap off tucked in swimsuit, 25 on your back with a breast stroke kick and replace both cap and goggles by the time you get to the wall. If you get it done before reaching the wall, roll over and swim normally.

- 4 x 50 yards/meters cramp removal drill

Swim half way down pool then roll over on back and stretch each calve by bending forward and pulling leg back, then grab arms behind back and lift upward to relieve tension in your shoulders, return length swim normally.

- 400 yards/meters crawl bilateral breathing
- 8 x 50 yards/meters sighting every 3rd or 4th stroke, :15 rest interval

Get into a breathing pattern and sighting on a landmark. This could be a spot on the wall or the starting block at the end of the lane.

- 400 yards/meters warm down with bilateral breathing. Swim slowly and relax.