

Heidi Williams Team: DAMA Durham, NC

"I have been swimming solo lately and try to find practices that are interesting and get my heart rate up. Here is one of my recent favorites. Adjust intervals as necessary."



Warm Up

400 swim, 200 kick, 200 pull

4 x 50 descend the interval by :05 each time; :50, :45, :40, :35 last 50 should be just making it

Set 1

Four times through the following:

200 swim 2:45 good aerobic pace getting 10-15 seconds rest
150 pull 2:00 breathe every 3 or 5
100IM 1:45 smooth
50swim 1:00IM order throughte the set, 1st fly,2nd set back, etc

Set 2

12x75 25 kick (with or w/out board)/ 25 drill/ 25 swim adjust intervals to get about 10 seconds rest after each repeat
#1-3 1:20 2-2-2 drill - 2 strokes right arm, 2 strokes left arm, 2 strokes both arms
#4-6 back 1:20 RoLaiDS drill - 2-3 strokes Right arm, 2-3 strokes Left arm, 2-3 strokes Double arm, Swim to wall
#7-9 breast 1:30 1-2 drill - dive down after each pull for 2 underwater kicks before next pull
#10-12 free 1:15 6-3-6 drill - kick 6 times on right side, swim 3 strokes, kick 6 times on left side, swim 3 strokes, repeat

Set 3

8 x 50 choice 25 sprint through the turn/ 25 easy 1:15

Cool Down 200 easy; include a 25 of backwards freestyle for fun and to unwind

Total Yardage: 4500