

SPECIAL THANKS TO
Roger and Cleo Hansen, our parents,
for getting us involved in swimming.

WORKOUTS IN A BINDER®:
FOR SWIMMERS, TRIATHLETES, AND COACHES

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Types of Workouts

DISTANCE

The main emphasis of the distance workout is aerobic work. In general the main set contains longer swims with less rest. These longer swims are done at a moderate intensity. It is critical to maintain a pace that will allow you to complete the entire set.

MIDDLE DISTANCE

The main set is a combination of short swims mixed with longer swims. Often you will be changing speed and intensity throughout the set. It is critical that you do not always swim at a comfortable pace; you may be pushing yourself and feel uncomfortable.

SPRINT

These workouts are done at a very high intensity that will produce fast speeds. This type of work is considered anaerobic work and takes a lot of effort. It will also take some time once the set is completed to fully recover from the practice. Concentrate on good technique while you are giving a big effort.

INDIVIDUAL MEDLEY

The main set of the Individual Medley (IM) workouts demands a combination of all four strokes. Main sets will integrate IM swimming in conjunction with intervals of a specific stroke. By changing strokes these workouts will be a challenge. Everyone has a weak stroke, and these sets will allow you to turn your weakness into a strength.

STROKE

The main sets of the stroke workouts can be swum with any stroke except free. It is recommended not to change strokes during the practice but definitely to change strokes within a training plan.

Definitions

BK: Backstroke

B-3, -4, -5: Breathe every third, fourth, or fifth stroke, respectively.

BEST AVG: Best average. The goal is to swim at the highest average speed possible, achieving the lowest average time.

BR: Breaststroke

BUILD: Get faster within the designated swim. For example, 25 build means to get faster throughout the entire 25 yards. The last 5 yards should be the fastest swimming of that particular 25.

C/D: Cool-down. Active swimming at a low intensity.

DESC: Descend the speeds of each swim. For example, on a set of 4×100 s, each 100 is faster than the previous one.

DESC 2-2-2: Descend speed or go faster each two swims. For example, on a set of 6×100 s, the first two are swum at a speed, the next two are faster, and the last two are the fastest.

DIST: Distance

DPS: Distance per stroke. Work on maximizing the distance each arm can propel the body. Count the number of strokes per 25.

DR: Your choice of drill. Examples include catch-up, fingertip drag, right arm, left arm, and sculling.

EASY: Swim with ease.

FAST: As fast as you can possibly swim for a given distance. Fast speed on a 50-yard swim will be faster than fast speed on a 200-yard swim.

FL: Butterfly

FR: Freestyle

F-TIP: Fingertip. Swim with your fingertips dragging on the surface of the water during the recovery phase of the stroke.

GOOD EFFORT: Swim with high intensity.

H-OUT: Swim with your head out of the water.

IM: Individual Medley—butterfly, backstroke, breaststroke, and freestyle, in that order.

K: Kick. No arms, kick only. Can be done with or without a kickboard. If kicking without a board, try to simulate normal swimming body position and keep arms streamlined.

LT: Left

MD: Middle distance

MOD: A moderate pace or moderate effort.

N/S: Negative split. The second half of the designated swim is faster than the first half of the swim.

PACE: The target speed that results from testing.

PACE –:01: Swim 1 second faster than pace. For example, if your pace was 1:10 per 100, then you would want to swim at 1:09 per 100.

PULL: Swim with a buoy. Paddles are optional.

RD: Round. One round is one time through a set that has to be repeated. Example: RD2 is second round or second time doing the set.

RI: Rest interval. Some swim sets will have a designated rest interval, such as (:25RI), which means a 25-second rest after each swim repetition.

RT: Right

SCULL: *Front:* In the prone position, your arms are stretched out in front of you. Hands scull in a figure eight to change pitches to propel you forward. Kick is minimal, with the head down or up.

Back: In the prone position, fingertips are pointing directly behind you. Do figure eights to propel your body forward.

SI: Some workouts will have a designated swim interval, which includes the swim time and the rest time. For example, $4 \times 50s$ (1:00SI) represents leaving for a 50 on every 1:00.

SKP: Swim, kick, pull. For example, 200 SKP designates swimming a 200, kicking a 200, and then pulling a 200.

SP: Sprint. Swim at a higher effort and speed.

ST: Stroke. A stroke other than freestyle, either butterfly, backstroke, or breaststroke.

STDY: Steady. Swim at an even pace.

SW: Swim any stroke.

WU: Warm-up segment, gently increasing speeds throughout. All workouts in this program have the same warm-up for both A-level and B-level swimmers.

Sprint Free 3A

W/U: **300 SW, 300 K, 300** (25 IM, 25 FR, 25 IM), **200 SW, 200 K, 200 IM** (25 DR, 25 K)

2X

1 x 200	N/S	(:30RI)
1 x 100	N/S	(:20RI)
1 x 50	FAST	(1:00SI)
1 x 100	N/S	(:20RI)

3 x 50	FAST	(1:00SI)
1 x 100	EASY	
5 x 50	FAST	(1:00SI)

C/D: **300** TOTAL: **3700**

INSTRUCTIONS: Set a goal on the fast 50s and maintain that speed.

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Sprint Free

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Middle Distance Free 6A

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W/U: **200 SW, 4 x 50** (25 H-OUT, 25 DPS) (:15RI), **4 x 50** (25 F-TIP, 25 DPS) (:15RI), **4 x 50** B-3 (:15RI), **4 x 50** B-4 (:15RI), **4 x 50** B-5 (:15RI)

3 x 100 MOD (:20RI)

3 x 100 at PACE (:20RI)

2 x 200 MOD (:30RI)

2 x 200 at PACE (:30RI)

1 x 300 MOD (:45RI)

1 x 300 at PACE

- 1:00 bonus rest -

20 x 25 (ON:35)

4X [1-BUILD
1-SP
1-SP
1-B-4
1-EASY

C/D: **200** TOTAL: **3900**

INSTRUCTIONS: Really attack the 25s at the end of the main set.

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Middle Distance Free

WORKOUT A



Distance Free 2A

W/U: 3 x 400 (200 FR, 100 IM, 100 K)

4 x 100	DESC 1-4	(:20RI)	4 x 100	K	(:15RI)
	- 1:00 bonus rest -		4 x 100	BEST AVG	(:20RI)
1 x 400	GOOD EFFORT			- 2:00 bonus rest -	
	- 1:00 bonus rest -		12 x 75	SW	(:15RI)
8 x 50	DESC 2-2-2-2	(:15RI)		[75 BUILD	
	- 1:00 bonus rest -		4X	[75 EASY	
1 x 400	GOOD EFFORT			[75 MOD ST	
	- 1:00 bonus rest -				

C/D: **100** TOTAL: **4600**

INSTRUCTIONS: Make sure the 100s within the 400s are all the same.

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Distance Free

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WORKOUT A



Distance Free 10A

W/U: **300 SW, 100 SCULL, 200 SW, 100 SCULL, 100 SW, 100 SCULL (:15RI)**

600	N/S	(:20RI)	1 x 200	FAST
3 x 200	DESC	(:20RI)	100	EASY
400	N/S	(:20RI)	3 x 500	PULL, B-3, BUILD (:20RI)
2 x 200	DESC	(:20RI)		
200	N/S	(:40RI)		

C/D: **200** TOTAL: **5100**

INSTRUCTIONS: **Swim the 500s with an aggressive effort.**

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Distance Free

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WORKOUT A



Individual Medley 3A

W/U: **600** SW, **6 x 75** (25 DR, 25 K, 25 SW) (:15RI)

1 x 50 25 FL, 25 BK (:10RI) **4 x 75** 25 BK, 25 BR, 25 FR (:15RI)

2 x 75 25 FL, 25 BK, 25 BR (:15RI) **6 x 100** 50 BK, 25 BR, 25 FR (:20RI)

3 x 100 50 BK, 25 BR, 25 FR (:20RI)

1 x 200 FR N/S (:40RI)

– 1:00 bonus rest –

2 x 50 25 FL, 25 BK (:10RI)

800 PULL DESC 200s

C/D: **100** TOTAL: **4050**

INSTRUCTIONS: This is a great practice for stroke transitions.

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