

January 2021 Swimming Workout

About the Coach

Peggy Stringer

is a USMS Coach III who loves to coach and swim.



My workouts for January are designed for swimmers of all levels. If you can only swim a half-hour skip the bonus sets. During January, I am working on endurance, getting ready for building up a base for longer distances and open water spring swims. Along with Paul Landes, I coach the Helena Ridley Masters in Helena Montana. We swim at the YMCA and Capital City Health Club in Helena for 60 min workouts. My proudest moment as a master's coach was in 2014 when I received USMS's Kerry O'Brien Coaches Award. With the help of Carrie Strike Jacobs of Whitefish, I started coaching master's swimmers and triathletes 10 years ago.

I started swimming with master's and competing in triathlons almost 20 years ago. I competed as part of team USA in the 2008 Vancouver Triathlon World Championships. Vancouver was magical, but my best event, the swim was canceled because cold, rough ocean that was capsizing rescue craft. In 2011, after being hit by a car on Queen City Triathlon bike course and rehabbing for an entire summer, I decided to get in shape and do my first full IM. I won my age group in Coeur d'Alene earned a spot at the World Championship IM Kona, Hawaii. Kona was magical! With the encouragement from Mark Johnston of Polson, I also have competed in open water events at Flathead Lake, Elk Lake outside of Bend, Oregon and Majorca, Spain. What I like most about USMS Masters is the people, great people!

WORKOUT DEFINITIONS

WARM-UP

A period of swimming in which you acclimate and warm your muscles for faster swimming, which is important to prevent injury. During warm-up, you should generally experience an increase in heart rate and respiration.

BUILD

Specific distances over which you gradually increase your speed. For a build 100-yard swim, you start at a certain speed, gradually building to maximum or near maximum speed at the end of the 100.

NEGATIVE SPLIT SET

The second half of your swim is faster than the first half, whereas a build asks for a gradual change of speed throughout the repeat, negative split sets ask for a more abrupt change of speed at the halfway point of the repeat. If you are swimming a set of 6 x 100 negative split, then your second 50 on each 100 should be faster than the first 50, and the change of speed typically happens at the 50 yard/meter point. You can build into the change of speed after you turn at the halfway point; any approach is fine if the second half is faster than the first half.

DESCENDING SET

A series of the same distance in which your swimming times decrease with each repeat. Your time on a descending set of 4 x 50s on 1:00 may be :46, :44, :42, and :40.

PULL

A swim during which only your upper body is used. Pulling generally implies the use of a pull buoy, a flotation device placed between your legs. Hand paddles are also often used on pulling set.

SEND-OFF INTERVALS

Workouts based on **send-off interval**; swimmers leave the wall the exact time every time. For example, if you swim a 50 in 45 second the workout says, “pick a send-off interval that gives you 15 seconds rest”, your send-off interval will be one-minute. If you finish in 40 seconds, then you get 20 seconds rest. I prefer send-off intervals for most sets because they hold us accountable on desired pace and training effort.

REST INTERVALS

Workouts based on a **rest interval** swimmer take an exact amount of rest after each swim no matter how fast you swim.

Swim 10 x 50 freestyle with 0:20 rest after each 50; no matter whether the swimmer finishes a 50 in 30 seconds or 45 seconds, the rest will be 20 seconds before starting the next 50.

IM (Individual Medley)

A swim in which you swim each stroke in the following order: butterfly, backstroke, breaststroke, and freestyle. Each stroke must be swum for one-quarter of the race distance.

READING A PACE CLOCK

To manage intervals, you will need a pace clock.

The second hand moves around the clock once every minute. The 60-second mark (or zero) sits at the top of the clock, if swimmers to start a set "on the top," you start the set on the 60 (the zero). Swim 10 x 50 with a send-off interval of 0:50, start the set "on the top,". The first 50 you will leave on the 60 (the zero); you swim the first 50 in 40 seconds; leaving you 10 seconds rest, and you will start the second 50 on the 50-second mark on the clock. For each subsequent 50 you will subtract 10 seconds from the last send-off time for your new send-off time.

Example for send-off interval of 0:50 for 10 x 50:

Set	Leave	set	leave
1	60	6	10
2	50	7	60
3	40	8	50
4	30	9	40
5	20	10	30

Give yourself easier send-off intervals to start, such as choosing a slightly slower send-off time, which gives you more time to figure out the math, or choosing simple numbers such as 1-minute send-off intervals. On a 1-minute send-off, for example, you leave on the same number on the clock for each repeat.

For more definitions check out [USMS Glossary of Swimming Terms](#) .

Workout 1 January 2021

Swim 200 pace

Purpose: establish your pace & hold your pace as you increase distance.

Warm up:

200 swim, 200 kick, 200 pull, 200 swim

Set 1: Broken 200's (1200/600)

Set goals hit the wall same time & maintain same send-off interval for entire set.

Pick a send-off interval that gives you 15-20 seconds rest.

If you swim a 40 sec 50yds chose interval of 55-60 sec.

6 or 3 x (4 x 50) swim free or stroke

Set 2: Broken 100's (400/200) *If you swim 20 sec 25yds chose interval of 35-40 sec*

Keep your stroke together & GO FAST

4 or 2 x (4 x 25) swim free or stroke FAST

Bonus Set (400)

200 Pull

Stretch out and finish each stroke

200 Kick alternate 25 fast kick/25 EZ

Kick *Narrow kick, kick from the hip not the knee*

Cool Down

100 Choice

Without Bonus 2500 / 1700

With Bonus 2900/ 2100 total

Workout 2 January 2021

3's Building Endurance

Stretch out and swim long

Warm up:

300 Choice

Set 1: rest 0:10

3 x 50 Kick, Swim, Pull

3 x 100 free

3 x 150 (50 kick 50 pull 50 choice)

3 x 100 free

3 x 50 stroke or Fly, Back, Breast

Bonus set 1: Repeat Set 1

Bonus set 2:

3 x 100 Free or stroke

Pick a send-off interval that gives you 15-20 seconds rest.

Cool down:

50 pull, 50 kick. 100 swim

Without Bonus 1850

With Bonus set 1: 3200

With Bonus set 2: 2450

With bonus set 1&2: 3800