

# 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**

## Workout 3 January 2021

### Purpose: Sprint/Stroke/IM

#### Warm Up (600)

4 x 100 Build

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

4 x 50 odd kick, even pull

Rest 0:10

**Set 1:** rest :15 (1000)

#### Repeat set 4 times

4 x 25 fast IM or Stroke

1 x 100 fast IM or Stroke

1 x 50 fast kick IM or Stroke (no fins, board OK)

**Set 2:** 200 pull Moderate

**Bonus set 1: w/fins** rest:15 (500)

#### Repeat set 2 times

4 x 25 fast IM kick

1 x 100 fast IM or stroke

1 x 50 fast free

**Bonus Set 2:** (1000)

Repeat set 1

**Bonus Set 3:** (200)

Repeat set 2

#### Cool Down:

100 swim

**Without Bonus 1900 / with Bonus**

**1: 2400/ with bonus 2: 2100/ with**

**Bonuses 1,2& 3: 3600**

## Workout 4 January 2021

### 30 minutes swim

#### Workout purpose Build Endurance

#### Warm Up: (300)

3x100 Choice :10 rest

(1-2 EZ, 3 build)

**Set 1:** 0:10 rest (1150)

4x75 Free

*stretch and loosen, good form*

4x50 Free

6x25 Fast

4x50 alternate pull/ kick

4x75 Free

*stretch and loosen, good form*

#### Cool down (100)

100 choice

1550

## Workout 5 January 2021

### 60 minute swim

#### Warm Up: (300)

3x100 Choice :10 rest

(1-2 EZ, 3 build pace)

**Set 1:** (1800)

4x75 Free :10 rest;

*stretch and loosen, good form*

6x50 Free :10 rest

12x25 Fast :10 rest

6x50 alternate pull/ kick :10 rest

4x75 Free :10 rest;

*stretch and loosen, good form*

3x100 Choice :10 rest

(1-2 EZ, 3 build pace)

**Set 2:** (900)

3x300

#### Cool down (100)

100 choice

3100

**Workout 6 January 2021**  
**Purpose Speed work for Middle**  
**Distance swimmers**

**30 minutes swim**

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

**Warm Up:** (150)

150 choice

**Set 1:** (600)

4 x 50's free build

4 x 50 free descend 1-4

(swim 1<sup>st</sup> 50 EZ make each 50 faster with last 50 FASTEST)

2 x (4 x 25) FAST

**Set 2:** (650)

2 x 100's free FAST

1 x 300 free STRONG

1 x 100 FAST

50 easy

**Set 3: Kick Set** (100)

4 x 25 fast kick 0:15 sec w/board, no fins

**Cool Down:**

100 Choice

**Total: 1600**

**Workout 7 January 2021**  
**Purpose Speed work for Middle**  
**Distance swimmers**

**60 minutes swim**

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

**Warm Up:** (150)

150 choice

**Set 1: Repeat 2X** (1200)

4 x 50's free build

4 x 50 free descend 1-4

(swim 1<sup>st</sup> 50 EZ make each 50 faster with last 50 FASTEST)

2 x (4 x 25) FAST

**Set 2: Repeat 2X** (1500)

2 x 100's free FAST

1 x 400 free STRONG

1 x 100 FAST

50 easy

**Set 3: Kick Set** (200)

8 x fast 25 kick w/board, no fins

**Cool Down:** (100)

100 Choice

**Total: 3150**

A middle-distance swimmer will often swim 100-yard/meter races, but sticks primarily with the 200s, and will bump up to the 400 IM or 500 free on occasion. A middle-distance swimmer tends to find a second wind or energy boost in the second half of a 200 race or exhibits more endurance at the end of 100 race than the sprinter, i.e. does not slow stroke rate or uses endurance boost to finish race. In workouts, middle distance swimmers favor VO2 max sets and will often do aerobic sets on a faster interval than sprinters, due to their higher endurance level. If you like doing 200s of the strokes, you belong here.

## Workout 8 January 2021

Purpose: determine your baseline stroke count by counting your number of strokes by 25yds. Hold the water for the entire stroke.

**Warm-up (700)**

**200 free/50kick/100 free/50 kick**

**4 x 50 pull Odd: EZ Even: Build**

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

**100 EZ**

**Set 1:** (600) *Pick a send-off interval that gives you 15-20 seconds rest.*

**12 x 50 free count your strokes**

*4 rounds of 3: EZ/ 50 Mod/ 50 Fast*

## Workout 9 January 2021

Purpose: Lower stroke counts to through extension and finishing each stroke.

**Warm-up: (600)**

**4 x 100 free**

*Pick a send-off interval that gives you 5-15 seconds rest.*

*Count your strokes*

**Drill set:** *(can be done with fins)*

**4 x 50 free drill take as much rest as necessary**

*Catch-up drill*

<https://www.youtube.com/watch?v=I0jai6G7Aag>

**Main set:** (850/1400) *Pick a send-off interval that gives you 15-20 seconds rest.*

*What is your baseline stroke count?*

*Did you notice a difference in your stroke count as you sped up?*

**Kick Set:** (300)

**6 x 50 Kick with board 0:15 rest**

*Sprint last 12.5 of each 50*

**Drill/Swim Set:** (400)

*4 x through*

**100 free Build**

**0:30 Standing Scull drill**

*(create mini-Tornadoes)*

**Bonus Set (600)**

**6 x 100 moderate**

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

**Cool Down (100)**

*100 EZ*

**Total:** without bonus 2100 / 2700

**6 x (100 or 150) free**

**(5 or 10) x 50 pull**

*Odd: EZ Count your strokes*

*Even: Strong to fast;*

*count your strokes*

**Kick set (100)**

**100 Kick with a board**

**4 x 25 kick ALL-OUT streamline kick on back 0:10-0:15 rest**

**Bonus Set:** (500)

**5 x 100 pull**

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

*75 strong / 25 fast ALL-OUT*

**Cool Down:** (100)

*100 or 200 EZ*

**Total: 1650 / 2800**

## Workout 10 January 2021

Purpose: to work on IM turns & 100 IM

**Warm-up:** (450)

**3X150** (50 swim/50 Kick on back/50 swim) 0:15 rest

**Main set:** (1100)

**(8 or 10) x 50** free

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

**(4 or 8) x 50** IM switches (Fly or Free)/Back; Back/Breast; Breast/Free; (Free or Fly) 0:15 rest

**100** EZ

**4 x 100** IM or Free

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

**Bonus Set 1:** (600)

**6 x 100** pull

*(50 catch-up drill / 50 build)*

<https://www.youtube.com/watch?v=l0jai6G7Aag>

Interval 0:10-0:20 rest

**Bonus set 2:** (250)

10 x 25 Choice **FAST!**

0:10 rest

**Cool Down**

100 EZ

**Total: Without Bonus 1650**

**with Bonus 1: 2250**

**with bonus 2: 1900**

**with Bonus 1&2: 2500**