

## March Masters workouts:

### Coach Ellen notes:

Hey Swimmers! Hoping you are in the water, training and challenging yourself as well as a lanemate or two. I coach a fabulous group of adults in Missoula, indoors at the Peak during the winter; and outside at Splash MT during the summer. My swimmers are a great mix of all abilities and caliber with a bit of feisty tossed in. They also have a wide variety of training goals, from fitness to Ironman work.

We have been able to be training since last June, so these workouts are a sample of what we are currently working on in "the big plan" with hopes to have some chance to "compete" during the summer and fall this year. They are a typical mid-season workout for my folks. We are not yet in Triathlon/ open water season, but have been building in that direction.

I am a huge advocate for having a coach on deck to watch what you are doing and offer feedback, so imagine that is happening while you do these workouts if you do not have a coach to give you feedback on the focus portions of the set.

Have fun, work as hard as you need to, and come visit us in Missoula if you have a chance.

### Freestyle w/ stroke development set: Breaststroke kick and timing

This workout is appropriate for this season and time of year, not knowing what our spring races will look like ;)

**Warm up Drills:** freestyle drills to help focus on early vertical forearm and high elbow underwater at midpull

- **Polar bear** = also known as underwater freestyle recovery;
- **Motorboat** = swim on a lead arm on your side and use your upper arm to pull will kicking steady (this is shorter than the old 1 arm freestyle drill and meant to be really on your side with a lead arm)

**Breast stroke Drills:** focus on kick power and distance and timing

- **Breast stroke kick** - keep arms at streamline and breath as needed - focus on kick power on finish  
1pull/2 kicks - keep arms long as you finish your second kick looking for power again
- **Breast stroke spin arms:** there is no glide - just lots of digging (and forearms should feel it), use a flutter kick to keep up with pace of arms
- **Tombstone kicking:** use kick board tipped up and buried half under water; kick hard and find a glide
- **Breaststroke DPS:** after your streamline, get to the other end of the pool in as few strokes as possible without cheating
- **Breaststroke build:** start with DPS then pick up tempo, but don't lose power in your kick; keep your glide
- **Breaststroke pull outs:** work your distance off the wall - should easily get past the flags and to 1st 15m mark before 1st stroke.

	Lane 1 (anything goes+)	Lane 2 moderate pace	Lane 3 feeling tough
<b>Warm up:</b> 400 swim (300 lane 1)  3 x 200 (pull one; kick one; drill/swim) <b>Drill recommendations:</b> Polar bear or Motorboat (working on high elbow)	200 pull - focus on midpull to finish 3 x 100 descend (to best 100 practice time) @ YI 2 x 50 (25 breaststroke kick; 25 1pull/2 kicks) @: 15s	250 pull - focus on midpull to finish 3 x 100 descend (to best 100 practice time) @ YI 3 x 50 (25 breaststroke kick; 25 1pull/2 kicks)@: 15s	300 pull - focus on midpull to finish 3 x 100 descend (to best 100 practice time) @ YI 3 x 50 (25 breaststroke kick; 25 1pull/2 kicks)@: 15s

<p>at midpull)</p> <p>6 x 50 (25 breaststroke/ 25) free</p> <p>1300 yds</p>	<p>200 swim w/ fins - focus on 85% effort pace with power</p> <p>4 x 50 descend 1-2; 3-4 @ R:20</p> <p>2 x 50 (25 breast arm spin drill w/ flutter kick; 25 1pull/2 kicks) @: 15s</p> <p>1200 yds</p>	<p>250 swim w/ fins - focus on 85% effort pace with power</p> <p>6 x 50 descend 1-3; 4-6 @ R:20</p> <p>3 x 50 (25breast arm spin drill w/ flutter kick; 25 1pull/2 kicks) @: 15s</p> <p>1400 yds</p>	<p>300 swim w/ fins - focus on 85% effort pace with power</p> <p>6 x 50 descend 1-3; 4-6@ R:20</p> <p>3 x 50 (25 breast arm spin drill w/ flutter kick; 25 1pull/2 kicks) @: 15s</p> <p>1500 yds</p>
<p>Mop up w/ focus</p>	<p>150 choice</p> <p>2 x 50 (25 tombstone kick breast/ 25 breast DPS) @ 15 s</p> <p>2 x50 (25 Br DPS/ 25 build to 95%) @: 20r</p> <p>4 x 25 br pullouts to 4 race strokes then finish</p> <p>200 easy cool down</p>	<p>200 choice</p> <p>3 x 50 (25 tombstone kick breast/ 25 breast DPS) @ 15 s</p> <p>3 x50 (25 Br DPS/ 25 build to 95%) @: 20r</p> <p>4 x 25 br pullouts to 4 race strokes then finish</p> <p>200 easy cool down</p>	<p>200 choice</p> <p>3 x 50 (25 tombstone kick breast/ 25 breast DPS) @ 15 s</p> <p>3 x50 (25 Br DPS/ 25 build to 95%) @: 20r</p> <p>4 x 25 br pullouts to 4 race strokes then finish</p> <p>200 easy cool down</p>

**Freestyle workout:** focus on mid-distance with some speed added; and Heart fun vertical kicking

**Pull focus:** be sure to keep your core tied to the rotation; keep an assertive catch; high elbow mid pull and strong finish

**“Pace”** = your aerobic pace; about 82.5% :) you are working but can still punctuate when you get back to the wall

**Build** = start distance steady; end distance fast

**Vertical kick:** keep your head inline with your shoulders; inline with your hips will kicking exuberantly flutter kick

**DPS** = Distance per stroke for most efficient effort (not cheating, it should still look like the stroke you are swimming)

	Lane 1 (anything goes+)	Lane 2 moderate pace	Lane 3 feeling strong
<p><b>Warm up:</b> 400 swim; 3 x 200 (pull, kick, drill)</p> <p>Drills: Polar bear; motorboat</p> <p>6 x 50 odd stroke drill/ swim</p> <p>Choose a drill that helps your kick or timing in your best odd stroke</p>	<p><b>Main set:</b></p> <p>2 x 200 (alt pull/ swim) @ pace @ :20R</p> <p>200 swim build last 100</p> <p>100 kick best odd</p> <p>2 x 250 (pull one/ swim one) @ pace @ :20R</p> <p>6 x 50 Vertical kick : 20s/ swim easy</p> <p>100 best odd for time</p>	<p><b>Main set:</b></p> <p>3 x 200 (alt pull/ swim/pull) @ pace @ :20R</p> <p>200 swim build last 100</p> <p>100 kick best odd</p> <p>2 x 300 (pull one/ swim one) @ pace @ :20R</p> <p>6 x 50 Vertical kick :20s/ swim easy</p> <p>100 best odd for time</p>	<p><b>Main set:</b></p> <p>3 x 200 (alt pull/ swim/pull) @ pace @ :20R</p> <p>300 swim build last 100</p> <p>100 kick best odd</p> <p>2 x 300 (pull one/ swim one) @ pace @ :20R</p> <p>6 x 50 Vertical kick :20s/ swim easy</p> <p>100 best odd for time</p>

	200 free/best odd by 25's DPS on odd stroke  200 cool down	200 free/best odd by 25's DPS on each 200 cool down	200 free/best odd by 25's DPS on each  200 cool down