# Workouts for Week May 2 – 8, 2022

## WORKOUT #5

The primary goal of this workout is to get a feel for the correct intervals that are best for you. In general, sprinters will take more rest within a set than distance swimmers. See the Notes below for more details.

### WARMUP

5 – 8 Minute Warm Up

### KICK SET

4 x 50 Kick

4 x 50 Descend

### MAIN SET 1

#### Part A

(4)(2) x 125 Freestyle – Each 125 is 75 FAST, 25 EZ, and 25 FAST. Make sure the 25 EZ is truly easy. This is your active rest period. Rest Interval (RI) = .20 to .30 seconds between each 125.

#### Part B

4 x 75 Choice – Good turns and underwaters. RI = .20

#### Part C

4 x 50 – Best Possible Average (BPA) with the least amount of rest (See Notes Below TOTAL)

50-100 EZ

### MAIN SET 2

Repeat *Part B* and *Part C* from Main Set 1

50-100 EZ

Repeat *Part C* from Main Set 1

### COOL DOWN

100 – 200 yards

### TOTAL

2300 Yards + warm up and cool down

**NOTES**: The primary goal of this workout is to determine your BPA with the least amount of rest. You will repeat (4 x 50) three times. If your 100 free race time is 1:40, you will want to hold 50 sec. with the least amount of rest possible. If you don’t know what your interval should be, try .15 seconds rest on the first round and then decrease the rest on the second round if you can. Your goal is to find your BPA with an interval that gives you 5 seconds rest.

This set has been designed to determine your BPA for 100s. If you want to test your BPA for longer swims, say 1000 yards, then do 5 x 100 with the goal of swimming your average 100 time for your 1000 race time. Using the same 1:40 example, you 1000 time would be 16:40. So, do 5 x 100 with an interval of 1:45 or 1:50 and hold 1:40 throughout.

Do all three rounds of 50s with the same stroke. On another day you do the same sets with different strokes.

The complete workout will take 60 minutes for middle lane swimmers. If you’re faster or slower, adjust the workout by adding or subtracting 125s. You definitely want to be able to get in all three sets of 50s.

## WORKOUT #6

The focus of this workout is IM work. These sets can also be added to any workout if you’re in the mood for some IM work. Many swimmers haven’t yet mastered all 4 strokes, but this workout can be altered to work for anyone. Use it as a stroke workout if you’ve only mastered 2 or 3 strokes and focus on the strokes that you’re comfortable with.

It’s always a good idea to do some stroke work even if you’re someone who is training for a specific freestyle event – triathlon, open water. You’ll use different sets of muscles and achieve a better overall balance.

If you’re interested in learning new stroke(s), please do so. I highly recommend though that you do this under the direction of a coach. Sure, you can find “how to” You Tube videos, but everyone will learn new strokes just a bit differently. If you start off learning the pull segment of fly before you’ve completely mastered the dolphin kick, I guarantee you’ll pick up some bad habits that will be tough to correct.

### WARMUP

5 – 8 Minute Warm Up

### KICK SET

6 x 75 – 50Kick, 25 Swim

Complete each stroke twice (Fl, Ba, Br)

### MAIN SET 1

6 x 125 (Swim the following order twice)

1. 50 Fl / 50 Ba / 50 Br
2. 50 Ba /50 Br / 50 Fr
3. 50 Br / 50 Fr / 50 F

### MAIN SET 2

9 x (100 IM, 25 IM Order)

* + Nos. 3, 6, 9 are reverse IMs – Fr/Br/Ba/Fl.
  + 25s are in IM order without Free. Swim these 12 ½ yds fast with a perfect stroke and 12 ½ EZ
  + Count your strokes periodically to make sure your maintaining efficiency.

### COOL DOWN

100 – 200 yards

### TOTAL

2325 Yards + warm up and cool down

## ADDITIONAL SETS

Here are some additional sets to use throughout your training

### SET 1

4 x (100 Kick, 4 x 100 Swim)

1. Free
2. Breast
3. Back
4. Fly

### SET 2

If you’re a true IMer, give this one a try

1. 6x100 IM 90% effort
2. 3x200 IM 80% effort
3. 1x400 IM 70% effort
4. 3x200 IM 80% effort
5. 6x100 IM 90% effort

### SET 3

This is a good set for everyone

* 100 Yds favorite non-free stroke
* 75 yds 2nd favorite non-free stroke
* 50 yds 3rd favorite non-free stroke
* 2 x 75 (order = favorite, 2nd favorite, 3rd favorite)