

WEEK **1-3** SHE-RA

**PURPOSE:** Speed, technique, and aerobic swimming with breath control.

These send-off intervals are from my training log. Note the effort level and rest descriptions, and adjust the interval to be right for you. All sets are important, so if you need to reduce volume, cut the number of repetitions. Avoid eliminating any set entirely.

**WARM-UP**

**2 × 400** @ 0:20 rest **60-65%**

*1st 400:* 100 free / 100 kick / 100 drill / 100 free

*2nd 400:* 100 fly / 100 kick / 100 drill / 100 fly

If you don't know how to do butterfly, substitute another stroke.

**9 × 100** pull with buoy @ 1:30 **70-75%** ..... REST WAS 0:15

**3 rounds:**

100 breathe every 3 strokes (1.5 full stroke cycles)

100 breathe every 5 strokes (2.5 full stroke cycles)

100 breathe every 7 strokes (3.5 full stroke cycles)

Breathe from your diaphragm. If 5 or 7 strokes are too much, try one or two 25s at that pattern sometime during the 100. Add extra rest if needed between repeats to remain calm and controlled.

**MAIN SET**

**8 × 75** @ 1:30 ..... REST WAS 0:35

*Odds:* 25 Tarzan drill fast **90-95%** / 50 easy **60-65%**

*Evens:* 25 fast **90-95%** / 50 easy **60-65%**

The 25s focus on quality, so take at least as much rest as I did.

## WORKOUTS

**4 × 0:30** vertical kick **80-85%** ..... REST WAS 0:30

Vertical kicking is stationary kicking, vertical in the water, with your head and hands out of the water so as to rely fully on your kick.

**8 × 75** @ 1:20 ..... REST WAS 0:35

*Odds:* 25 fast **90-95%** / 50 easy **60-65%**

*Evens:* 25 Tarzan drill fast **90-95%** / 50 easy **60-65%**

Again, focus on quality, so take at least as much rest as I did.

**200** one-arm drill **60-65%** ..... REST WAS 1:00

**4 × 0:30** vertical kick **80-85%** ..... REST WAS 0:30

**12 × 50** @ 1:00

**4 rounds:**

25 underwater / 25 easy **60-65%** ..... REST WAS 0:20

50 fly **70-75%** ..... REST WAS 0:25

50 one-arm drill **60-65%** ..... REST WAS 0:15

This set strengthens your rhomboids. Feel them lift your arms out of the water during the fly, and apply that focus to the one-arm drill.

### WARM-DOWN

**300** easy **60-65%**

### TUBING SET

**6 × 1:30** full pulls ..... REST WAS 1:30

*Odd sets free, even sets fly*

From training log: Apr. 4, 2003 (SCY)

**TOTAL: 4000 + tubing**