

WEEK **2-3** SHE-RA

PURPOSE: To strengthen freestyle by doing butterfly.

Butterfly is a great training stroke for freestyle because there is no serape core rotation, so the shoulders must stabilize as the upper arms arc out slightly and the forearms direct down for the catch. Strive for the same shoulder stabilization with freestyle, and drive your core on a transverse plane rather than excessively rotating your shoulders. Fly also strengthens your rhomboids as they work to lift both arms from the water at the same time—great for freestyle strength!

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.

WARM-UP

5 × 200 free @ 3:00 **65-70%** REST WAS 0:15

Reminder: The warm-up is always a great opportunity to focus on streamlines off the wall.

MAIN SET

5 × 100 free strong @ 1:15 **80-85%** REST WAS 0:03-5

Get the blood pumping with a tight send-off interval. Challenge yourself, since this is not a long set.

6 × 150 moderate @ 2:15 **70-75%** REST WAS 0:12-15

100 free / 50 fly

If you're new to butterfly, modify this set to be 125 free / 25 fly or do just 4 repetitions. You can also choose a send-off interval that gives you more rest than I had, but try to take no more than 0:30 rest.

11 × 100 moderate @ 1:30 **70-75%** REST WAS 0:07-9

25 fly / 50 free / 25 fly

Too much butterfly? Modify to do 25 fly / 50 free / 25 swim (pick a stroke other than free). Also, cut the reps to 6-8 if needed.

WARM-DOWN

500 easy **60-65%**

During long warm-downs I like to occasionally slip down to the bottom of the pool for a 25 or 50 and play underwater by pushing off the bottom with one leg, doing a slow and relaxed breaststroke pullout, and then pushing off the bottom again with the other leg, feeling the water flow around me. Surface when you need a breath, then go back under to enjoy the quiet of the deep blue.

TUBING SET

4 × 1:00 full pulls REST WAS 1:30

Odd sets free, even sets fly

From training log: July 9, 2003 (LCM)

TOTAL: 4000 + tubing