

Warm-Up 1000 yds

- 1 x 200 Freestyle
- 4 x 50 Dynamic balance first length, Freestyle second length
- 4 x 75 First length one-arm left, second length one-arm right, third length freestyle
- 1 x 300 Same stroke count all six laps

Video

Underwater one length. Over water one length.

Main Sets – 2000 yds

For all Freestyle 200s, maintain the same stroke count for all lengths

- 2 x 50 One-Arm Kickboard Drill
- 2 x 200 Freestyle
- 2 x 50 Tarzan stroke first 12.5 yards, freestyle remainder
- 2 x 200 Freestyle
- USE FINS FOR REMAINDER OF MAIN SET
- 2 x 50 Side balance kicking drill with swimming breathing
- 2 x 200 Freestyle
- USE FINS AND PADDLES FOR REMAINDER OF MAIN SET
- 2 x 50 Catch-up drill
- 2 x 200 Freestyle

Warm-Down – 400 yds

REMOVE FINS AND PADDLES

- 4 x 100 Freestyle easy with different focus point each 100
 - Swim downhill
 - Rollerblade rhythm
 - Quietly
 - As slowly as possible

Pool Tools Review

- Short Fins
- Freestyler Hand Paddles

Working Out

Plan your workout ahead of time. Have a single focus for the workout. Remember to drill, drill, drill – at least half of your time should be spend doing technique drills. For a main swimming set, use a plan like the one below to work on maintaining your form while building distance.

Building to 800 Yards at Race Pace

This is a progression done over multiple workouts. It is not your entire workout. You can use this progression as your main freestyle set for a series of workouts. Before starting, determine the pace at which you can swim a single lap quickly and efficiently. Note your time for the lap and your stroke count per length. Beginning with Step 1, try to maintain that pace and stroke count for all 16 repeats in the set. Between each repeat you should rest for about 30 seconds or 5 bobs. When you can complete all 16 repeats at the same pace and stroke count, move on to Step 2. The distance for each repeat doubles. Your time should double, and your stroke count should remain the same for each length of the repeat. When you can complete all steps at the same pace and stroke count, lower your pace by one or two seconds (or more if the last step was too easy!), or lower your stroke count by one, and begin over with Step 1.

| Step | Repeat x Distance |
|-------------|--------------------------|
| 1 | 16 x 50 |
| 2 | 8 x 100 |
| 3 | 4 x 200 |
| 4 | 2 x 400 |
| 5 | 1 x 800 |

Optional Step 6: 1650 Yards

After completing Step 5, try an optional Step 6: 1 x 1650 (33 Laps). See if you can complete all 33 laps at the same pace and stroke count. Why 1650 yards? In swim racing, It's the "mile" event in a SCY (short course yards) pool. Or if you are doing an Olympic-distance triathlon, 1650 yards is about 10 yards more than the 1500-meter swim leg. (But don't slack off on that last 10 yards!).

Regardless of whether you do 800 or 1650 yards, the point is not just to get faster and become more efficient – you should be learning to swim at **your race pace**.

Remember to always select a focus point – it can vary from repeat to repeat, but don't swim any laps without focusing on some aspect of your stroke. This can be a physical focus point (elbow high, head down, etc.) or a conceptual focus point (glide from side to side like a cross-country skier, swim through a small pipe, etc.).

Test Sets Answer the Question: Are you improving?

Repeat a test set once a month. Same preparation, same circumstances, etc. Example: 800 yards, record time, ending heart rate, SPL, rating of perceived exertion.

Note: Lesson plans are available online from the following webpage:
<http://www.breakwatersportstraining.com/handouts.html>

Breakwater Freestyle II

Breakwater Sports

Lesson 6: Practice and Build

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| Swimming Pace for 25-Yard Pool | | | | | | | | | |
|--------------------------------|--|------|------|------|-------|-------|-------|-------|---------|
| Laps | 1 | 2 | 4 | 8 | 16 | 33 | 36 | 43 | 85 |
| Yards | 50 | 100 | 200 | 400 | 800 | 1650 | 1800 | 2150 | 4250 |
| Time | 1:10 | 2:20 | 4:40 | 9:20 | 18:40 | 38:30 | 42:00 | 50:10 | 1:39:10 |
| | 1:09 | 2:18 | 4:36 | 9:12 | 18:24 | 37:57 | 41:24 | 49:27 | 1:37:45 |
| | 1:08 | 2:16 | 4:32 | 9:04 | 18:08 | 37:24 | 40:48 | 48:44 | 1:36:20 |
| | 1:07 | 2:14 | 4:28 | 8:56 | 17:52 | 36:51 | 40:12 | 48:01 | 1:34:55 |
| | 1:06 | 2:12 | 4:24 | 8:48 | 17:36 | 36:18 | 39:36 | 47:18 | 1:33:30 |
| | 1:05 | 2:10 | 4:20 | 8:40 | 17:20 | 35:45 | 39:00 | 46:35 | 1:32:05 |
| | 1:04 | 2:08 | 4:16 | 8:32 | 17:04 | 35:12 | 38:24 | 45:52 | 1:30:40 |
| | 1:03 | 2:06 | 4:12 | 8:24 | 16:48 | 34:39 | 37:48 | 45:09 | 1:29:15 |
| | 1:02 | 2:04 | 4:08 | 8:16 | 16:32 | 34:06 | 37:12 | 44:26 | 1:27:50 |
| | 1:01 | 2:02 | 4:04 | 8:08 | 16:16 | 33:33 | 36:36 | 43:43 | 1:26:25 |
| | 1:00 | 2:00 | 4:00 | 8:00 | 16:00 | 33:00 | 36:00 | 43:00 | 1:25:00 |
| | :59 | 1:58 | 3:56 | 7:52 | 15:44 | 32:27 | 35:24 | 42:17 | 1:23:35 |
| | :58 | 1:56 | 3:52 | 7:44 | 15:28 | 31:54 | 34:48 | 41:34 | 1:22:10 |
| | :57 | 1:54 | 3:48 | 7:36 | 15:12 | 31:21 | 34:12 | 40:51 | 1:20:45 |
| | :56 | 1:52 | 3:44 | 7:28 | 14:56 | 30:48 | 33:36 | 40:08 | 1:19:20 |
| | :55 | 1:50 | 3:40 | 7:20 | 14:40 | 30:15 | 33:00 | 39:25 | 1:17:55 |
| | :54 | 1:48 | 3:36 | 7:12 | 14:24 | 29:42 | 32:24 | 38:42 | 1:16:30 |
| | :53 | 1:46 | 3:32 | 7:04 | 14:08 | 29:09 | 31:48 | 37:59 | 1:15:05 |
| | :52 | 1:44 | 3:28 | 6:56 | 13:52 | 28:36 | 31:12 | 37:16 | 1:13:40 |
| | :51 | 1:42 | 3:24 | 6:48 | 13:36 | 28:03 | 30:36 | 36:33 | 1:12:15 |
| | :50 | 1:40 | 3:20 | 6:40 | 13:20 | 27:30 | 30:00 | 35:50 | 1:10:50 |
| | :49 | 1:38 | 3:16 | 6:32 | 13:04 | 26:57 | 29:24 | 35:07 | 1:09:25 |
| | :48 | 1:36 | 3:12 | 6:24 | 12:48 | 26:24 | 28:48 | 34:24 | 1:08:00 |
| | :47 | 1:34 | 3:08 | 6:16 | 12:32 | 25:51 | 28:12 | 33:41 | 1:06:35 |
| | :46 | 1:32 | 3:04 | 6:08 | 12:16 | 25:18 | 27:36 | 32:58 | 1:05:10 |
| | :45 | 1:30 | 3:00 | 6:00 | 12:00 | 24:45 | 27:00 | 32:15 | 1:03:45 |
| | :44 | 1:28 | 2:56 | 5:52 | 11:44 | 24:12 | 26:24 | 31:32 | 1:02:20 |
| | :43 | 1:26 | 2:52 | 5:44 | 11:28 | 23:39 | 25:48 | 30:49 | 1:00:55 |
| | :42 | 1:24 | 2:48 | 5:36 | 11:12 | 23:06 | 25:12 | 30:06 | :59:30 |
| | :41 | 1:22 | 2:44 | 5:28 | 10:56 | 22:33 | 24:36 | 29:23 | :58:05 |
| | :40 | 1:20 | 2:40 | 5:20 | 10:40 | 22:00 | 24:00 | 28:40 | :56:40 |
| | :39 | 1:18 | 2:36 | 5:12 | 10:24 | 21:27 | 23:24 | 27:57 | :55:15 |
| | :38 | 1:16 | 2:32 | 5:04 | 10:08 | 20:54 | 22:48 | 27:14 | :53:50 |
| | :37 | 1:14 | 2:28 | 4:56 | 9:52 | 20:21 | 22:12 | 26:31 | :52:25 |
| | :36 | 1:12 | 2:24 | 4:48 | 9:36 | 19:48 | 21:36 | 25:48 | :51:00 |
| | :35 | 1:10 | 2:20 | 4:40 | 9:20 | 19:15 | 21:00 | 25:05 | :49:35 |
| Yards | Approximate Distances for Triathlon Swim Legs | | | | | | | | |
| 400-800 | 1/4 to 1/2 mile - common sprint distances | | | | | | | | |
| 1650 | Olympic distance (1500 meters = 1640.42 yards) | | | | | | | | |
| 2150 | Half Iron Distance (1.2 miles = 2112 yards) | | | | | | | | |
| 4250 | Iron Distance (2.4 miles = 4224 yards) | | | | | | | | |