

GLOSSARY OF TERMS AND FIGURES

- ◆ **1 x 25 yards = 1 length of the pool.**
Therefore 1 x 50=2 lengths, 1 x 100=4 lengths and so on.
- ◆ **The number in parenthesis is the number of seconds you should *rest* between each distance.**
For example, 6 x 50 swim (:15) = Take 15 seconds rest between each 50.
- ◆ **Kick/swim (or Drill/swim) means either a 25 kick/25 swim if you're doing 50's, or 50 kick/50 swim if you're doing 100's.**
 - ◆ ***Descend* – means get faster with each 50 or 100.**
For example, 3 x 100 descend = make each 100 get faster so that the third 100 is your fastest one.
 - ◆ ***Build* – means get increasingly faster within each 50 or 100.**
For example, 4 x 75 build = make each 25 get faster within the 75 so that your third 25 is the fastest one.
 - ◆ ***Sprint* – means ALL OUT! GO FAST! KICK HARD!**
- ◆ ***Please note the remarks made next to each date... these are things you can think about for that workout. Drills are also listed here.***

DRILLS

- 1. *Fingertip drag*:** drag your fingertips along the surface of the water as you recover your arm. This will help you keep your elbows high and extend your hand as far forward as you can before starting your underwater arm pull.
- 2. *4 or 6 kick-and-roll*:** take 4 to 6 kicks on your side with one arm extended above your head and the other down by your side, then take one pull so that you rotate to your other side and take 4 to 6 kicks again... repeat side to side. Make sure that your head is turned enough too so that you can breath to the side while you're kicking. **DO NOT LIFT YOUR HEAD FORWARD!**
- 3. *Thumb-to-thigh*:** touch your thumb to your thigh at the finish of each stroke, making sure you follow all the way through with each arm pull.
- 4. *Catch-up or Hand-on-hand*:** Take one complete arm stroke before starting a stroke with your other arm. Begin with both hands above your head in a streamline position, take a full stroke with your left arm keeping your right arm above your head, and don't begin the stroke with your right arm until your left hand touches your right hand. Then do the same thing with your right arm. This will get you to focus on each arm stroke independently making sure you're keeping your arm pull directly below your shoulder and not sweeping in across your centerline. Be sure to rotate from your hips to each side as you take your strokes.

	AGE-GROUP	ELITE	PRO
WEDNESDAY: DRILL: 6 kick-and-roll. Make sure you are rotating from your hips each time you turn to breath and take a stroke. (Olympic Distance)	700: 500 warmup-mix strokes up. 4 x 150- 50 drill, 100 swim. (:15) 6 x 100 – descend time per 100, 1-3, 4-6 (:15). 100 easy.	900: 500 warmup. 4 x 150- 50 drill, 100 swim (:15). 8 x 100 descend time per 100 (:15). 50 easy.	2700: 600 warmup. 4 x 150 – 50 drill, 100 swim (:10). 8 x 100 descend time per 100, 1-4, 5-8 (:10). 10 x 50 – 25 sprint, 25 easy (:10). 200 easy.
(Half-Ironman Distance)	2000: same as above, but add 2 more 100's and descend time per 100 (1-4, 5-8) :15 rest.	2300: same as above, but add 6 x 50 – 25 sprint, 25 easy (:10).	2800: same as above, but add 2 more 50's – 25 sprint, 25 easy (:10).
FRIDAY: Work on keeping your stroke count to a minimum. Shoot for taking 20 strokes or less per 25y. (Olympic Distance)	2000: 3 x 200 warmup, every 4 th 25 backstroke. 8 x 75 -50 kick, 25 swim (:10). 500 swim – keep stroke count per 25 consistent. 8 x 25 ALL OUT!! (:15). 100 easy.	2200: 3 x 200 warmup, every 4 th 25 backstroke. 8 x 75-50 kick, 25 swim (:10). 700 swim – keep stroke count per 25 consistent. 8 x 25 ALL OUT!! (:10). 100 easy.	2600: 3 x 200 warmup, every 4 th 25 backstroke. 8 x 75- 50 kick, 25 swim (:10). 800 swim- keep stroke count per 25 consistent. 3 x 100 build by 25's (:15). 8 x 25 ALL OUT!! (:10). 100 easy.
(Half-Ironman Distance)	2100: same as above, but do a 600 instead of a 500 with stroke count.	2400: same as above, but do a 800 with stroke count, and do 10 x 25's FAST!	2700: same as above, but do 4 x 100 build.
WEDNESDAY: Focus on the test set of 100's... keeping your pace as consistent as possible. (Olympic Distance)	2000: 500 warmup mix-up your stokes. 10 x 100 swim, try to maintain your pace (:10). 8 x 50 build to fast! (:15). 100 easy.	2200: 500 warmup, mix-up your strokes. 12 x 100 swim, try to maintain your pace (:10). 8 x 50 build to fast! (:15). 100 easy.	2700: 600 warmup, mix-up your stokes. 12 x 100 swim, try to maintain your pace (:10). 4 x 100 pull (:10). 8 x 50 build to fast! (:15). 100 easy.
(Half-Ironman)	2100: same as above, but do 11 x 100 instead of 10.	2400: same as above, but add 2 x 100 pull (:10) after the 12 x 100.	2800: same as above, but 13 x 100 instead of 10.

	AGE-GROUP	ELITE	PRO
<p>FRIDAY: Get a pull buoy (and paddles are optional) to focus on working your upper body with your hips up- focus on your hip roll as well.</p> <p>DRILL: Fingertip drag, work on keeping elbows high.</p>	<p>2100: 3 x 150-100 free, 50 back (:15). 500 pull (:30) 4 x 100 descend (:15). 300 pull (:30). 2 x 100- first one fast, second one faster (:15). 4 x 50 drill(:10). 50 easy</p>	<p>2300: 3 x 150-100 free, 50 back (:15). 500 pull (:30). 4 x 100 descend (:15). 300 pull (:30). 2 x 100-first one fast, second one faster! (15). 6 x 50 drill(:10).150easy</p>	<p>2800: 4 x 150-100 free, 50 back (:15). 600 pull (:30). 5 x 100 descend (:15). 400 pull (:30). 3 x 100-build first two, third one fast! (:15). 6 x 50 drill(:10).100easy</p>
(Half-Ironman)	<p>2200: Same as above, but add 1 x 100 pull before the drill (:30).</p>	<p>2500: Same as above, but make the 500 pull 600 and the 300 pull 400.</p>	<p>2900: Same as above, but do 4 x 100- descend to FAST! (:15)</p>
<p>WEDNESDAY: Concentrate on reaching and rolling with each arm stroke, and keeping your elbows high.</p> <p>DRILL: 4 kick-and-roll with fingertip drag.</p> <p>(Olympic Distance)</p>	<p>2100: 1x 400, 1x 300, 1x 200 warmup (:20). Mix-up your strokes. 300 kick (1:00). 4 x 75 build by 25's so that the last 25 is all out! (:10). 5 x 100- 50 drill, 50 swim (:15). 100 easy.</p>	<p>2300: 1x 400, 1 x 300, 1x 200 warmup (:20). Mix-up your strokes. 400 kick (1:00). 6 x 75 build by 25's so that the last 25 is all out! (:10). 5 x 100-50 drill, 50 swim (:15). 50 easy.</p>	<p>2800: 1 x 400, 1 x 300, 1 x 200, 1x 100 (:15) warmup- get faster as the distance gets shorter. 500 kick (1:00). 8 x 75 build by 25's so that the last 25 is all out! (:10) 6 x 100-50 drill, 50 swim (:15). 100 easy.</p>
(Half Ironman Distance)	<p>2200: Same as above, but do a 400 kick.</p>	<p>2500: Same as above, but add 1 x 100 warmup, and 500 kick instead of 400.</p>	<p>2900: Same as above, but do a 600 kick.</p>
<p>FRIDAY: Work on breathing... try breathing to both sides (i.e. Every 3rd stroke).</p> <p>On the long swim, count the number of strokes you take per 25 and try to hold this steady.</p>	<p>2200: 2 x 300 warmup (:20). 5 x 100 pull breathing every 3 strokes (:15). 700 swim-try to maintain a good pace taking a minimal number of strokes. 6 x 50- 25 sprint, 25 easy (:15). 100easy.</p>	<p>2400: 2 x 300 warmup (:20). 5 x 100 pull breathing every 3 strokes (:15). 900 swim- try to maintain a good pace taking a minimal number of strokes. 6 x 50-25 sprint, 25 easy (:15). 100 easy.</p>	<p>2900: 3 x 250 warmup (:20). 6 x 100 pull breathing every 3 strokes (:15). 1200 swim-try to maintain a good pace taking a minimal number of strokes. 5 x 50-25 sprint, 25 easy (:15). 100 easy.</p>
(Half Ironman Distance)	<p>2300: Same as above, but do an 800 straight swim instead of 700.</p>	<p>2600: Same as above, but do 6 x 100 pull, and a 1000 swim.</p>	<p>3000: Same as above, but 7 x 50- 5 sprint, 25 easy.</p>

	AGE-GROUP	ELITE	PRO
<p>WEDNESDAY: Concentrate on finishing your stroke.</p> <p>DRILL: thumb-to-thigh... touch your thumb to your thigh at the finish of each stroke.</p> <p>(Olympic Distance)</p> <p>.</p>	<p>2300: 4 x 125 warmup 100 free, 25 backstroke (:15). 300 pull (:30). 2 x 150 swim, building each 50 making the last 50 of each one FAST! (:30). 3 x 100 kick (:20). 4 x 75- 50 drill, 25 swim (:15). 6 x 50- 25 sprint/25 easy (:15). 8 x 25- odds easy, evens SPRINT! (:10). 100 easy.</p>	<p>2500: 4 x 150 warmup, 100 free, 50 backstroke (:15). 300 pull (:30). 2 x 150 swim, building each 50 making the last 50 of each one FAST! (:30). 3 x 100 kick (:20). 4 x 75-50 drill, 25 swim (:15). 6 x 50-25 sprint/25 easy (:15). 12 x 25-odds easy, evens SPRINT! (:10). 100 easy.</p>	<p>3000: 4 x 200 warmup (:15). 400 pull (:30). 2 x 200 swim, building each 50 making the last 50 of each one FAST! (:30). 4 x 100 kick (:20) 4 x 75-50 drill, 25 swim (:15). 6 x 50-25 sprint, 25 easy (:15). 12 x 25-odds easy, evens SPRINT! (:10). 100 easy.</p>
(Half Ironman Distance)	2400: Same as above, but do 12 x 25 at the end.	2700: Same as above, but do a 400 pull and 4 x 100 kick.	3000: Same as above.
<p>FRIDAY: Work on your stroke mechanics... pay attention to your entry (make sure you enter wide enough), and try not to cross over your midline on your underwater arm stroke.</p> <p>DRILL: Just focus on hand entry and proper underwater arm stroke.</p> <p>(Olympic Distance)</p> <p>.</p>	<p>2300: 400 warmup, every 4th 25 breaststroke. 200-50 kick/50 swim. 10 x 100 swim, try to maintain the same pace throughout the set (:10). 100 easy. 3 x 100-50 drill, 50 build (:15). 6 x 50-try to hold the same stroke count and same speed for each one (:15).</p>	<p>2500: 400 warmup every 4th 25 breaststroke. 300-50 kick/50 swim. 12 x 100 swim, try to maintain the same pace throughout the set (:10). 100 easy. 2x 100- 50 drill, 50 build (:15). 6 x 50-try to hold the same stroke count and same speed for each one (:15).</p>	<p>3000: 500 warmup every 4th 25 breaststroke. 400-50 kick/50 swim. 14 x 100 swim, trying to maintain the same pace throughout the set (:10). 100 easy. 3 x 100- 50 drill/ 50 build (:15). 6 x 50-try to hold the same stroke count and same speed for each one (:15).</p>
(Half Ironman Distance)	2400: Same as above, but do 11 x 100 swim.	2700: Same as above, but do 14 x 100 swim.	3100: Same as above, but do 15 x 100 swim.

PRE-EVENT WORKOUTS (2 WEEKS OUT)

	AGE-GROUP	ELITE	PRO
WEDNESDAY: Work on finishing your stroke all the way through by your thigh... focus on staying relaxed- try not to 'fight' the water, work 'with' the water. :) Drill: Thumb-to-thigh	2400: 400 warmup. 300 pull (:30). 200 drill (:30). 100 kick (:30). 6 x 75 build-make your last 25 FAST! (:20). 500 steady swim-keep a constant pace. 8 x 50- odds SPRINT!, evens easy. (:20). 50 easy.	2800: 500 warmup. 400 pull (:30). 300 drill (:30). 200 kick (:30). 6 x 75 build-make your last 25 FAST! (:20). 600 steady swim-keep a constant pace. 6 x 50-odds SPRINT!, evens easy (:20). 50 easy.	3200: 500 warmup. 400 pull (:30). 300 drill (:30). 200 kick (:30). 200 pull (:30). 6 x 75 build-make your last 25 FAST! (:20). 700 steady swim-keep a constant pace. 8 x 25-odds SPRINT!, evens easy (:20). 100 easy.
FRIDAY: DRILL: Do 75 each of the following: 6 kick and roll, hand-on-hand, fingertip drag, and thumb-to-thigh.	2500: 500 warmup every 4 th length backstroke. 1 x 200 pull (:20) 2 x 100 kick (:20). 8 x 100 swim, try to keep a steady pace on all of them-push it! (:10). 300 drill- do a 75 of each. 8 x 50 – 25 SPRINT!, 25 easy. 100 easy.	2800: 500 warmup every 4 th length backstroke. 1 x 200 pull (20). 3 x 100 kick (:20). 10 x 100 swim, try to keep a steady pace on all of them-push it! (:10) 300 drill- do a 75 of each. 8 x 50 – 25 SPRINT!, 25 easy. 100 easy.	3200: 500 warmup every 4 th length backstroke. 1 x 200 pull (:20). 3 x 100 kick (:20). 12 x 100 swim, try to keep a steady pace on all of them-push it! (:10) 300 drill-do a 75 of each drill. 8 x 50- 25 SPRINT!, 25 easy. 100 easy.
WEDNESDAY: Just focus on good technique and getting the most distance with each arm stroke.	2300: 4 x 150 warmup, pick a drill to do on the middle 50. On the next set, take :20 rest between each one. 300 swim 250 pull 200 swim 150 pull 100 swim 150 pull 200 swim 6 x 50 descend to FAST 1-3, 4-6 (:20). 50 easy.	2600: 4x 150 warmup, pick a drill to do on the middle 50. On the next set, take :20 rest between each one. 300 swim 250 pull 200 swim 150 pull 200 swim 250 pull 300 swim 6 x 50 descend 1-3, 4-6. Make #3 and #6 FAST! (:20). 50 easy.	3000: 4 x 150 warmup, pick a drill to do on the middle 50. On the next set, take :20 rest between each one. 300 swim 250 pull 200 swim 150 pull 100 swim 150 pull 200 swim 250 pull 300 swim 8 x 50 descend 1-4, 5-8, #4 and #8 FAST! (:20). 100 easy.
FRIDAY: Focus on your underwater arm stroke and make sure you are not crossing over your midline at any point... from entry to the finish through by your hip.	2300: 6 x 125- 100 swim, 25 drill of your choice (:20). 6 x 75- build so that the last 25 is FAST! (:20). 6 x 100 (:10) hold the best average you can	2600: 6 x 125- 100 swim, 25 drill of your choice (:20). 6 x 75-build so that the last 25 is FAST! (:20). 8 x 100 (:10) hold the best average you can	2800: 6 x 125- 100 swim, 25 drill of your choice (:20). 6 x 75-build so that the last 25 is FAST! (:20). 10 x 100 (:10) hold the best average

PRE-EVENT WORKOUTS (TAPER WEEK ~ 1 WEEK OUT)			
	AGE-GROUP	ELITE	PRO
WEDNESDAY: DRILL: One length just using your left arm, one length just using your right arm. Notice that we're taking out kicking sets for the next 2 weeks to rest your legs! :)	2000: 400 warmup. 2 x 200, make the second one faster (:30). 3 x 150-50 drill, 100 swim (:20). 4 x 100- descend 1-4 so that 4 is FAST! (:15). 50 easy. 4 x 50- 25 easy, 25 FAST! (:20). 100 easy.	2200: 400 warmup. 2 x 200, make the second one faster (:30). 3 x 150-50 drill, 100 swim (:20). 4 x 100- descend 1-4 so that 4 is FAST! (:15). 100 easy. 6 x 50- 25 easy, 25 FAST! (:20). 150 easy.	2500: 500 warmup. 2 x 200, make the second one faster (:30). 3 x 150-50 drill, 100 swim (:20). 5 x 100- descend 1-4 so that 4 is FAST! (:15). 100 easy. 8 x 50- 25 easy, 25 FAST! (:20). 100 easy.
FRIDAY: Focus today on DISTANCE PER STROKE... really reach and roll with each arm stroke.	1500: 2 x 200 warmup with the last 50 of each backstroke. (:30). 6 x 50- try to lower your stoke count and your time 1-3, 4-6 so that # 3 and 6 are the fastest with the least amount of strokes ☺ 200 pull. 300 steady swim- keep a constant pace. 200 pull. 100 easy.	1700: : 2 x 200 warmup with the last 50 of each backstroke. (:30). 6 x 50- try to lower your stoke count and your time 1-3, 4-6 so that # 3 and 6 are the fastest with the least amount of strokes ☺ 300 pull. 400 steady swim- keep a constant pace. 200 pull. 100 easy.	2000: : 2 x 200 warmup with the last 50 of each backstroke. (:30). 6 x 50- try to lower your stoke count and your time 1-3, 4-6 so that # 3 and 6 are the fastest with the least amount of strokes ☺ 300 pull. 500 steady swim- keep a constant pace. 300 pull. 100 easy.
WEDNESDAY: This is a big REST week, so be sure to stay off your legs as much as you can when you're not training. Start to visualize the AWESOME race you're going to have this weekend. :)	1000: 300 warmup mix up your strokes. 2 x 75 drill of your choice. (:20). 8 x 25- odds easy, evens SPRINT!! (:30). 3 x 100 pull (:20). 50 easy.	1200: 400 warmup mix up your strokes. 2 x 75 drill of your choice. (:20). 8 x 25- odds easy, evens SPRINT!! (:30). 4 x 100 pull (:20). 50 easy.	1300: 500 warmup mix up your strokes. 2 x 75 drill of your choice. (:20). 8 x 25- odds easy, evens SPRINT!! (:30). 4 x 100 pull (:20). 50 easy.
FRIDAY: <u>REST, REST, REST!!!</u> It would be a good idea to just do some very easy swimming to loosen up and get a feel for the water. No more than 10-15 minutes	GOOD LUCK	AND	HAVE FUN!!!