

DAY/DATE: MONDAY/MAY 19, 2014

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 choice
EN-1 TO EN-2	<ul style="list-style-type: none">• 500 swim @ 8:20 or r=50• 250 pull @ 4:10 or r=25• 5 x 50 swim @ 1:00 or r=15• 400 swim @ 6:40 or r=40• 200 pull @ 3:20 or r=20• 4 x 50 swim @ 1:00 or r=15• 300 swim @ 5:00 or r=30• 150 pull @ 2:30 or r=15• 3 x 50 swim @ 1:00 or r=15• 200 swim @ 3:20 or r=20• 100 pull @ 1:40 or r=10• 2 x 50 swim @ 1:00 or r=15
REC	100 swim

Total: 3100 meters

DAY/DATE: TUESDAY/MAY 20, 2014

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim, 100 kick, 100 pull
EN-1 TO EN-2	<p>5 x through:</p> <ul style="list-style-type: none">• 25 swim @ 45 or r=15• 50 kick @ 1:30 or r=15• 75 drill/swim/drill @ 1:45 or r=15• 50 stroke/50 free @ 2:00 or r=30• 75 swim/drill/swim @ 1:45 or r=15• 50 kick @ 1:30 or r=15• 25 swim @ 45 or r=15 <p>• 1 round each stroke</p> <p>• 1 round choice</p> <p>Drills:</p> <ul style="list-style-type: none">• 4-beat fly• 10-10-3 back• 2 kicks, 1 pull breast• 10-10-3 free
REC	100 swim

Total: 2500 meters

DAY/DATE: WEDNESDAY

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 free, stretch for 2 minutes 200 swim (mix of strokes), stretch for 2 minutes 200 IM kick, stretch on wall for 2 minutes
EN-1	12 x 25 [25 scull/25 glide/25 pull] @ r=5
EN-1 TO EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none">• #1: push last 100• #2: push middle 100• #3: push 1st 100
EN-1 TO EN-2	6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• descend 1-3, 4-6• choose one stroke for 1-3• choose another stroke for 4-6
EN-1 TO EN-3	3 x 200 swim @ 3:30 or r=30 <ul style="list-style-type: none">• #1: push even 50's• #2: push odd 50's• #3: push entire 200!
EN-1	6 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
REC	300 choice

Total = 3000 meters

DAY/DATE: THURSDAY/MAY 22, 2014

FOCUS: SWIM CLINIC

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

Bud Taylor Breaststroke

I'm working with a different swim club, this since early April, 2014. With a new club comes a new technique philosophy. Bud Taylor is a well-known and respected swim coach in the Pacific Northwest. He has a long history of success, especially with breaststrokers, so I am particularly interested in learning something new.

One of the main differences between the way I coach breaststroke and the way Bud coaches breaststroke is the "outsweep." I coach swimmers to scull out at a 45° angle; this phase is non-propulsive. Although Bud believes the same, that the outsweep is non-propulsive, he preaches a slide out with palms facing sides, more like 90° angles. The difference may seem minor, but remember in the water things are distorted. In other words, you have to teach yourself what 45° feels like, just like you have to teach yourself what it means to enter and slide out on your right arm in freestyle without crossing over.

Fortunately, or unfortunately, I understand this; fortunately because it makes me a faster swimmer; unfortunately because I exaggerate changes in the water to counteract the distortion, but making big changes when your 50+ years has consequences--I'm currently injured. In my two workouts of "breaststroke bliss," before relegating myself to the kicking lane, I experimented with Bud's outsweep and really liked the result: I felt like I stayed down in the water and did not elevate during the outsweep, and this helped me feel more power during the propulsive phases of breaststroke (i.e., insweep and extension phases). Previously, my shoulders elevated during the outsweep and I didn't think there was anything I could do to prevent that. But, sliding out with a 90° palm angle seems key.

If you're going to make this change please do it a little bit at a time; I'm sure I'm injured because I aggressively applied the angle change to my palms and this was too much internal rotation on my shoulders. As you practice, think: "no pressure on the outsweep," or "constant speed to the corners," as Bud says.

DAY/DATE: FRIDAY/MAY 23, 2014

FOCUS: SPEED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	300 swim 200 kick/swim
EN-1 TO EN-2	<ul style="list-style-type: none">• 2 x 50 kick @ 1:40 or r=20• 2 x 50 kick @ 1:30 or r=15• 2 x 50 kick @ 1:20 or r=10• 2 x 50 kick @ 1:10 or r=5
EN-1	8 x 25 @ 40 or r=10 <ul style="list-style-type: none">• 25 drill/25 swim
EN-1 TO EN-3	2 x through: <ul style="list-style-type: none">• 1 x 150 free @ 3:00 or r=30<ul style="list-style-type: none">◦ medium effort• 2 x 75 stroke @ 1:45 or r=30<ul style="list-style-type: none">◦ hard effort• 3 x 50 free @ 1:00 or r=15<ul style="list-style-type: none">◦ medium effort• 6 x 25 stroke @ 45 or r=20<ul style="list-style-type: none">◦ hard effort• extra 30 seconds rest
REC	200 [25 scull/25 swim]

Total = 2500 meters