

Ramblin' Rose 2009 Swim Program by Monette Williams and Sage Rountree
8 week plan

Workout Key:

1 length = 25 yards

2 lengths = 1 lap = 50 yards

WU = Warm-up CD = Cool-down SW = swim

Ramblin' Rose Swim Race Course = 250 yards (10 lengths or 5 laps)

The drills provided are meant to enhance the crawl (freestyle) stroke. Try to incorporate drills at every workout.

DPS (distance per stroke) – in as few strokes as possible (for 25 yards) lengthen your stroke through rotation of your shoulders and hips without losing momentum. Count your strokes then count for another 25 yards swimming your normal stroke and compare numbers.

Goal: Same stroke number or within one stroke. **To improve:** work on balance

Fist swim – make a closed fist with both hands and swim 25 yards. Count your strokes. Swim 25 yards with your normal stroke while counting the number you take and compare to the fist length.

Goal: same stroke number or within 1-2 strokes. **To improve:** try to keep your elbow higher than your wrist throughout the underwater portion of the stroke.

k = kick Kicking is a key factor to balance. Without it, rotating your body to breathe becomes difficult and your arms have to work extra hard because your bottom half is dragging. An easy kick will do the job and keep blood in your legs which is essential when you exit the pool for the bike.

We recommend you take no more than 2 min rest between each set.

Week 1 – Total Yards 500

WU (200)

2 x 25 sw (:30)

2 x 25 k (:30)

100 sw (:60)

Main set (200)

2 x 50 sw (:45)

100 sw (:60)

CD (100)

4 x 25, odd number DPS, even number smooth (:30)

Week 2 – Total Yards 600

WU (100)

100 choice (:60)

Main Set (400)

150 sw (:60)

3 x 50 sw, descend (:45) teaches you to start out slow then finish faster. First 50 yd is the slower then second and third.

4 x 25 sw (:30)

CD (100)

4 x 25 (:30) odd number fist, even number DPS

Week 3 – Total Yards 800

WU (200)

2 x (50 sw, 25 k, 25 DPS) each on :30

Main Set (400)

200 sw (:60)

2 x 75 sw (:60)

2 x 25 sw FAST (:30)

CD: (150)

2 x 75 as 25 k, 25 DPS, 25 sw (:60)

50 sw easy

Week 4 – Total Yards 750

WU (250)

150 as 50 sw, 50 DPS, 50 sw (2:00)

4 x 25 odd fist, even sw (:30)

Main Set (350)

200 as 25 sw alternated with 25 kick (:60)

150 breathing pattern every 3 strokes/25 yd alternated with every 5 strokes/25 yd (:60)

CD (150)

100 as 2 x (25 fast, 25 easy) on :60

50 practice lane change

Week 5 – Total Yards 900

WU (200)

200 choice (:60)

Main set (600)

2 x 75 as 25 sw, 25 k, 25 sw (:60)

250 sw (:60)

100 sw (:60)

50 sw (:45)

2 x 25 FAST (:30)

CD (100)

2 x 50 as 25 fist, 25 DPS, practice changing lane lines (:60)

Week 6 – Total Yards 700

WU (200)

200 choice

Main Set (300)

3 x 100 (2:00)—note your average time and resubmit if needed

CD (200)

8 x 25 as odd number k, even number sw (:20)

Week 7 – Total Yards 800

WU (150)

2 x 75 (as 25 sw, 25 fist, 25 sw) (:30)

Main Set (550)

1 x 250 negative split. First 125 yd is slower than the latter 125 yd. (1:00)

3 x 100 (1:00) Try to keep the same pace.

CD (100)

4 x 25 as odd number fist, even number sw (:30)

Week 8 – Total Yards 550

WU (200)

200 choice, include drills (:60)

Main Set (150)

75 sw (:60)

50 sw (:45)

25 sw (:30)

CD (200)

200 choice