

July 2016 | active.com | Margaret Cyphers | Fitness

*NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.*

## 6 One-Hour Freestyle Workouts

A former college swimmer and high school assistant coach, Margaret Cyphers has built a number of workouts that she uses to keep her stroke strong. All of these workouts are between 2,000 and 3,000 yards and take about an hour to complete. Cyphers has printed all of them out, laminated them, and now takes them to the pool with her.

Before we get to the drills, swimming newcomers (the so-called "adult-onset swimmers") may benefit from learning some quick terminology in the drills that you may not immediately understand:



- Kick: A set focusing on your kicking. Often done while holding a kickboard to prevent assistance from your arms.
- Pull: A set focusing on your stroke (the "pulling" is your arms pulling the water behind you and propelling you forward). Often done with a pull buoy between your legs to prevent you from kicking.
- Drill: Sets that focus solely on your technique, with no time demands. Examples of drills are catch-up, fingertip drag and sculling.
- Descend: Swim each repetition faster than the one before it.
- Negative Split: The second half of the swim is completed faster than the first half.
- Dolphin Dives: Dive down below the surface of the water, similar to diving under waves.
- Choice: Choose whichever stroke you want for that particular set.
- Reverse IM: Opposite of the regular IM order. A reverse IM order would be freestyle, breaststroke, backstroke and butterfly.

## Need for Speed

### Warm-Up (500)

- Complete a mixed warm-up totaling 500 yards.

### Intro Set (200)

- 4 x 25: Build speed throughout each 25 (10 sec rest)
- 1 x 50: All-out fast (30 sec rest)
- 1 x 25: Easy (30 sec rest)
- 1 x 25: All-out fast

### Main Set (900)

- 3 x 100 moderate (15-second rest)
- 3 x 100 Negative-split within the 100 (15-second rest)
- 3 x 100 Slow, medium, fast. (15-second rest)

### Cool Down (150)

- 150 easy. Free/dolphin dives/free

*Total Yards: 1,750*

## Pace Setter

### Warmup (500)

- 250 Freestyle, 250 Choice

### Main Set: (2000)

- 8 x 50: Slow/medium pace (1-minute interval)
- 8 x 50: Medium/fast (1-minute interval)
- 4 x 100: Freestyle (descending)
- 4 x 100: 75 fast, rest 10 seconds, then 25 sprint
- 8 x 50: 25 medium, rest 10 seconds, 25 sprint (1:10 interval)

### Cool Down:

- 200 Freestyle

*Total Yards: 2700*

## Break It Up

### Warmup (1,000)

- 5 x 200 (50 drill, 100 swim, 50 drill)

### Main Set (1600)

- 3 x 400
- First 400: 100 build, 200 fast, 100 medium
- Second 400: 100 slow, 50 fast, 50 slow, 50 fast, 100 slow
- Third 400: 200 build, 100 fast, 100 slow
- 2 x 200
- First 200: Pull (100 stroke, 100 freestyle)
- Second 200: Kick (100 stroke, 100 freestyle)

### Cool Down (400)

- 400 Freestyle

*Total Yards: 3,000*

## The Casserole

### Warm-Up (800)

- 300 swim
- 200 kick
- 100 IM
- 200 drill (sidekicks, fingertip drags, fewest strokes, regular swim by 50s)

### Main Set (1,000)

- 400 swim with every fourth length fast, 30-second rest
- 300 swim with every third length fast, 30-second rest
- 200 swim with every second length fast, 30-second rest
- 100 swim fast

### Set 2 (700)

- Set of 8 x 50 kick
- 200 pull

### Cool down (100)

- Easy 100

*Total Yards: 2,600*

### **Up Down Up Down**

#### Warm Up (400)

- 300 choice
- 100 kick breaststroke

#### Pre Set (600)

- 8x75 (swim/drill/swim by 25)

#### Main Set (1350)

- 3 x 200 pull (smooth)
- 3 x 100 swim (strong)
- 100 easy recovery
- 3 x 100 pull
- 2 x 25 (sprint)

#### Cool Down (300)

- 2 x (50 stroke/100 free)

*Total Yards: 2,650*

### **Tapas**

#### Warm Up (600)

- 200 free/100 non-free, repeat

#### Main Set (800)

- 14 x 50 Free
- 1 fast, 1 easy
- 2 fast, 1 easy
- 3 fast, 1 easy
- 4 fast, 1 easy

#### Set 2 (1000)

- 4 x 150 with 20-second rest (kick/drill/swim by 50) Reverse IM
- 2 x 50 Drill Free
- 2 x 50 Free
- 2 x 50 Drill Non-free
- 2 x 50 Non-free

#### Cool down (200)

- 200 easy

*Total Yards: 2,500*