Open Water Workout Examples

COVID-19 Disclaimers

- ➢ Make sure to follow federal, state and local social distancing guidelines

- ➢ Understand how COVID-19 can be transmitted through recreational waters

- ➢ Maintain distance

- ➢ Keep training groups intact

USA Swimming Contacts

Kaitlin Pawlowicz (kpawlowicz@usaswimming.org)

Bryce Elser (belser@usaswimming.org)

USA Swimming Website- Resources/Open Water

"Safety Management for Open Water Workouts"

"Structuring Your Open Water Workout"

BRUCE GEMMELL, HEAD COACH- GEORGETOWN PREP SITE, NATION'S CAPITAL SWIM CLUB

WORKOUT #1:

➢ Warm up … 12 minutes … 1:00 swim / 1:00 kick / 1:00 fly drill or brst (with or W/O Fins)

➢ 36 minute "continuous swim" …4:00 swim + :30 rest or EZ Desc 1-4/5-8 on the swims
   o With or w/o fins is fine
➢ Find "about 100m" .. or 1:00-1:20 worth of swimming (you can use stroke count or shore markings too)
   o 12 x 100 @ 1:30… every 4th one fast
   o 4 x 200 @ 3:00 … O: free / E: fr/fly x 50 (with fins if doing fly)
   o 8 x 50 … @ 1:00 Desc 1-4 / 5-8
➢ Stroke counts "out and back" 1 or 2 or 3 rounds
   o 3 x 40 strokes "out " (away / along shore) easy/smooth ..flip turn + sprint back
   o 3 x 20 strokes SAA
   o 3 x 10 strokes SAA

WORKOUT #2:

All done in roughly "100m course" along shore or out/back from shore depending on body of water / current / etc.

➢ 200 m swim + 200 m kick + 400 m swim + 200 m kick + 600 m swim + 200 m kick + 800 m swim
➢ 2 x 200 m # 1 smooth / #2 100 m fast + 100 m smooth + :30 rest after ea 200
➢ 2 x 400 m # 1 smooth / #2 100 m fast + 100 m smooth + :30 rest after ea 400
➢ 2 x 600 m # 1 smooth / #2 100 m fast + 100 m smooth + :30 rest after ea 600
➢ 2 x 800 m # 1 smooth / #2 50 m fast + 50 m smooth + :30 rest after #1 800 and EACH 50 :15 rest
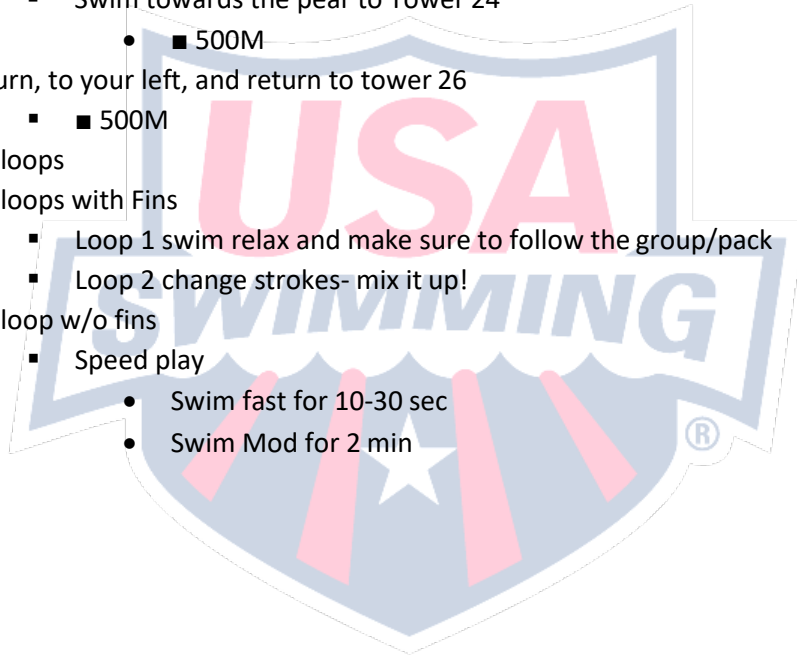➢ 12 – 16 x 25/30m RACE on :15 rest

Beginner/Intermediate

Mohammad Khadembashi, Assistant Coach, Team Santa Monica

Swim-12&Under
- ➢ Group:
    - o 12&Under
        - ▪ Level: Beginner→Intermediate
            - • some ocean swimming experience, confident to swim past the shorebreak
    - o Course [1K]:
        - ▪ Start at Tower26
        - ▪ Swim 50M out [past the shorebreak]
        - ▪ Swim towards the pear to Tower 24
            - • ▪ 500M
    - o Turn, to your left, and return to tower 26
        - ▪ ▪ 500M
    - o 3 loops
    - o 2 loops with Fins
        - ▪ Loop 1 swim relax and make sure to follow the group/pack
        - ▪ Loop 2 change strokes- mix it up!
    - o 1 loop w/o fins
        - ▪ Speed play
            - • Swim fast for 10-30 sec
            - • Swim Mod for 2 min

INTERMEDIATE/ ADVANCED

MOHAMMAD KHADEMBASHI, ASSISTANT COACH, TEAM SANTA MONICA

SWIM-13&OLDER
- ➢ Group:
  - o 13&Older
    - ▪ Level: Intermediate→Advance
      - • Ocean swimming experience, confident in the ocean
    - ▪ Course [1K]
      - • Start at Tower26
      - • Swim 50M out [past the shorebreak]
      - • Swim towards the pear to Tower 24
        - o o 500M
      - • Turn, to your left, and return to tower 26
        - o o 500
      - • 5 loops
        - o 1 loop with fins
        - o 1 loop Bld
        - o 1 loop mix strokes
        - o 1 loop work on drafting and passing [speed play]
        - o 1 loop hold RED!
      - • 5 loops [V. 2]
        - o 1 Loop White [Fins optional]
        - o 2 loops Pink [change strokes]
        - o 1 loop Red
        - o 1 loop Red →Blue

BEGINNER/INTERMEDIATE/ADVANCED

STAN CORCRON, HEAD COACH, MCCALLIE SCHOOL

- ➢ Warm - up
  - o 5 minute swim in one direction. nice and smooth just get used to the water
    - ▪ Blow whistle at 5 minutes for everyone to stop.
    - ▪ 30 sec. rest - blow whistle and return to start
- ➢ 5 minutes swim - 15 strokes smooth / 10 strokes fast return to start area.
  - o 30 sec. rest - blow whistle to start
- ➢ 5 minutes - 15 strokes smooth / 20 strokes fast
  - o blow whistle at 5 minutes for everyone to stop
- ➢ 5 minutes swim - 15 strokes smooth / 30 strokes fast return to start area.
- ➢ 4 to 6 times
  - o 30 sec. fast swim / 30 sec. smooth swim / 1 min. fast swim / 30 sec. smooth swim / 1:30 fast swim / 30 sec. smooth swim / 2:00 fast swim / 30 sec. smooth swim. 1 min rest. return to start area. On way back have slower swimmers try to beat faster swimmers back to the start area.
- ➢ kicking if water not too cold:
  - o lines of 4 to 6 swimmers with kick boards kicking in the same direction but spread out. - last swimmer in line kicks to the front of line all out. When the swimmer gets to front of the line the last swimmer starts kicking hard to front. swimmers not going to front of the line kick medium to smooth speed. 5 to 7 minutes out / 5 to 7 minutes back to the start.
- ➢ Warm down:
  - o 5 min. smooth - 10 strokes free / 10 strokes no free - blow whistle to stop / return to the start.

MICHAEL KINROSS, ASSISTANT COACH, SANDPIPERS OF NEVADA

- 600 WU
- 3x600 Various Pack swimming positions
    - #1 Single file line, Indian run style (last person swims to the front; when the get the lead, new last person makes way to front; and so on)
    - #2 Same Indian style swim, this time in pairs, Noah's ark style
    - #3 Diamonds rotating leaders
- 4x400 (can be done in small groups or free for all)
    - 200 smooth, relaxed, effortless
    200 race to finish
- 600 Cool down

~5000m

RICH MURPHY, ASSISTANT SWIM COACH, UNIVERSITY OF TENNESSEE

*NEVER SWIM ALONE – SWIM WITH A PARTNER OR IN-WATER ESCORT! *

WORKOUT #1 (A TIME-BASED WORKOUT):
2x through:

6:00 Swim – 1:30 Free + :30 No Free
10 x 1:15 – all choice, pick :20 of the first :60 to pick up stroke rate, vary the :20.
:15 rest after each minute

2x through (faster on the way down the 'pyramid'):

1:00 – Choice
:15 Rest

2:00 – IM - :30 each stroke

:15 Rest
3:00 – 2x through (:30 - :15 bk x :15 fr, then :30 br, then :30 fr)
:15 Rest

4:00 – IM - :30 each stroke

+:15 Rest
5:00 – Free – distance per cycle (dpc)
+:30 Rest
4:00 - FRIM - :30 each stroke, replace fly with fr
+:30 Rest

3:00 - :30 bk + 1:00 fr

+:30 Rest
2:00 – FRIM - :30 each stroke, replace fly with fr
+:30 Rest

1:00 – Choice
2:00 Rest

 4x
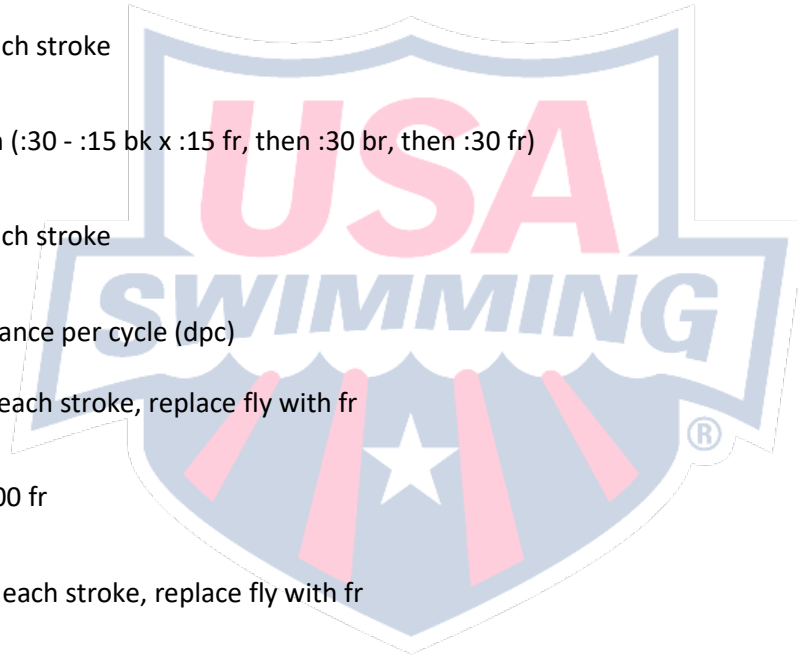
 :20 streamline kick – eyes down – FAST!

 :20 bk – build tempo

 :05 rest – change directions

 :20 – dolphin kick on bk – rhythm focus

 :20 – fr – fast (3 breaths max)

 :40 rest

4:00 Cool Down – swim – choice

ADVANCED

RICH MURPHY, ASSISTANT SWIM COACH, UNIVERSITY OF TENNESSEE

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WORKOUT #2 (STROKE CYCLE-BASED WORKOUT)

4x

50 cycles: fr – dpc

50 cycles: mix between the other three strokes

Main Set:

4x

30 cycles: fr – dpc

10 cycles: br – desc 1-4; :30 rest

4x

30 cycles: fr – increase stroke rate by round 1-4

8 cycles: br (1 pull, 2 kick); :30 rest

4x

30 cycles: free with fins

10 cycles: fly with fins – breathe every other; :30 rest
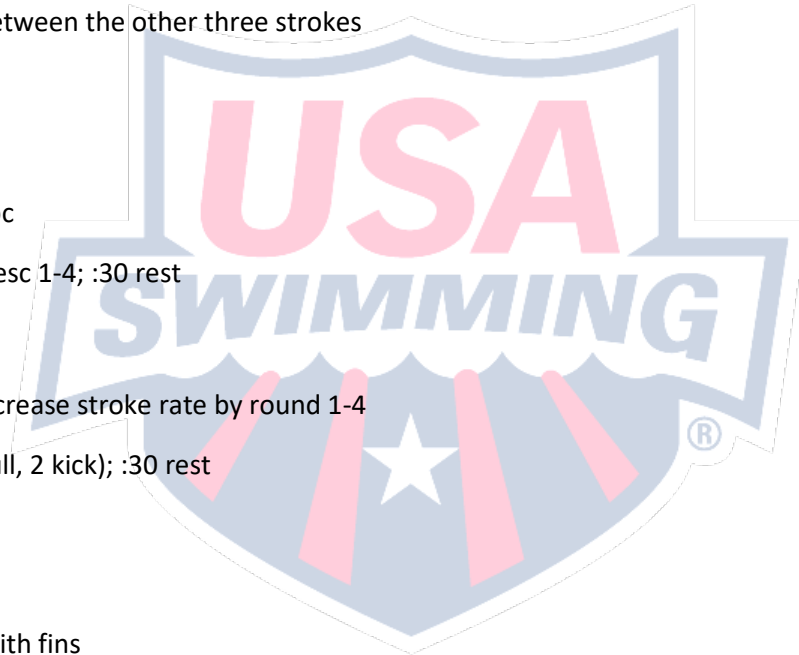
4x

30 cycles: fr

6 cycles: fly – no breath; :30 rest

3x

100 cycles: free

100 cycles: 25 cycles of each stroke – increase effort by round on fly and free cycles

200 cycles cool down: choice

Advanced

Rich Murphy, Assistant Swim Coach, University of Tennessee

*Never Swim Alone – swim with a partner or in-water escort! *

Workout #3 (distance-based workout):

6x

300 meters - #3 and #4 use fins

8x

200 meters

[4 with fins, 4 with no fins – 50 build + 50 cruise]
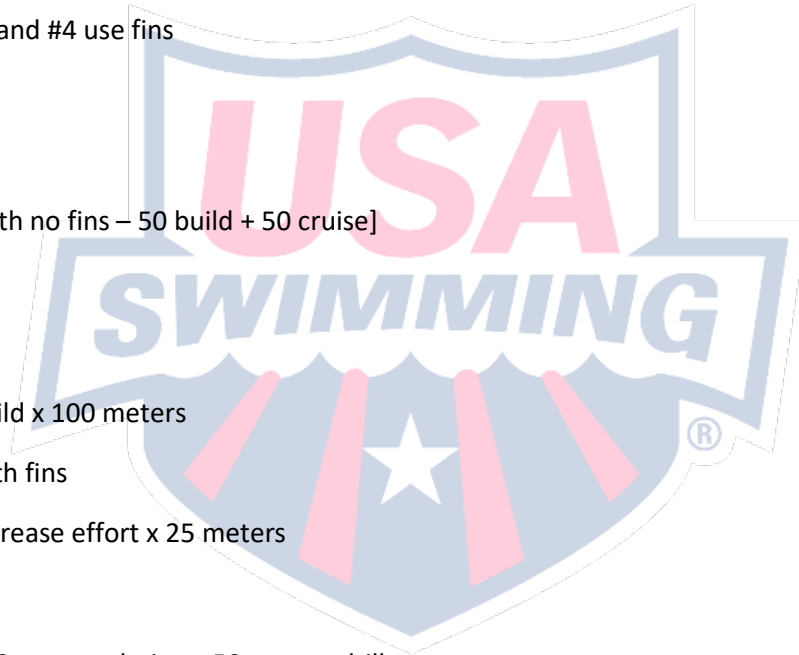
Main Set

4x

300 meters – build x 100 meters

200 meters – with fins

100 meters – increase effort x 25 meters

Cool Down

600 meters – 100 meters choice + 50 meters drill

RICH MURPHY, ASSISTANT SWIM COACH, UNIVERSITY OF TENNESSEE

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Workout #4 (shape-based workout):

5x
*pick the person with the shortest first name in your training group
Swim (spell) out that person's name in shapes
4x
1x: long rectangle

1x: 2 long rectangle widths – last person passes first on each width
4x
1x big circle

2x circle diameter
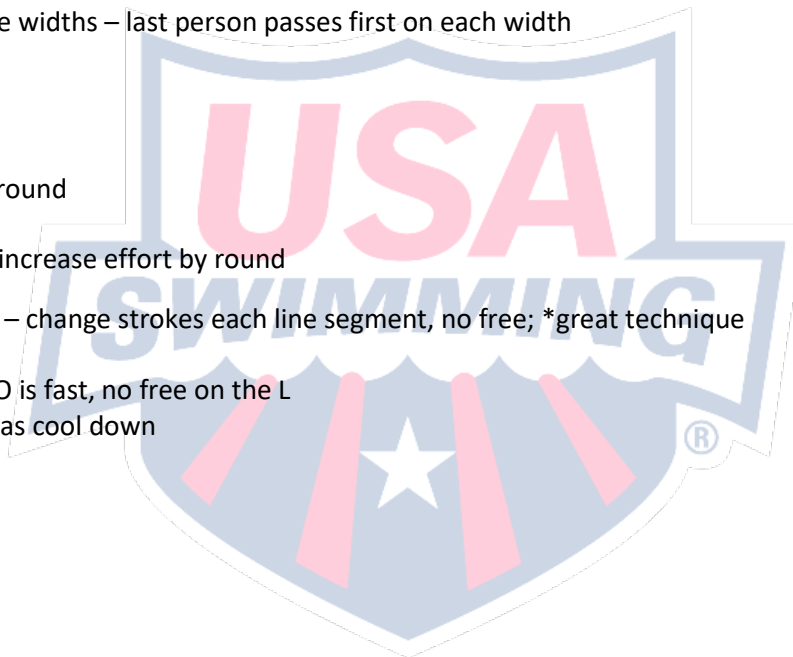Increase effort by round
4x
1x large triangle – increase effort by round

1x smaller triangle – change strokes each line segment, no free; *great technique
3x
Spell 'VOLS' – the O is fast, no free on the L
5 different shapes as cool down

CATHERINE KASE

WORKOUT #1

- ➢ Warm up – about 10 min acclimate to water and such:
  - o 200 S-200 K-200 IM-200 easy, build, easy, fast (sometimes you just guess on distance, and about 10 min warm up….
  - o Ladder of sorts: Reset after each series and talk about how they felt, etc
    - 2min of speed play, you can incorporate 10 strokes easy DPS and then 10 Fast, then 10 easy, and 20 fast, etc.   Really, you can mix it up anyway you want!
    - 4 min of an IM
    - 6 min – descend every 2 min by effort
    - 8 min of negative split (whistle at 400 or 4:00min)
    - Repeat same on way down, or mix it up even more
    - 6 min alternate easy/fast with great kick
    - 4 min IM
    - 2 min all out swim
- ➢ Do some mixture of playing around with breathing/sighing
  - o 20 strokes breathe only to R, 20 strokes breathe only to L, 20 breathe every 3, repeat and learn about what side feels stronger, how often are you sighting, don't drop your hips, observe your surroundings and talk about who looked for landmarks
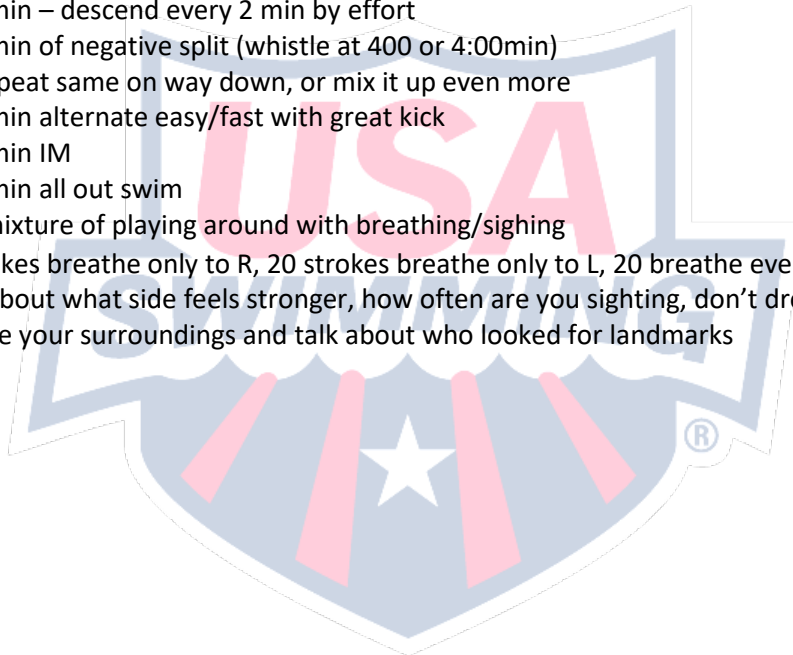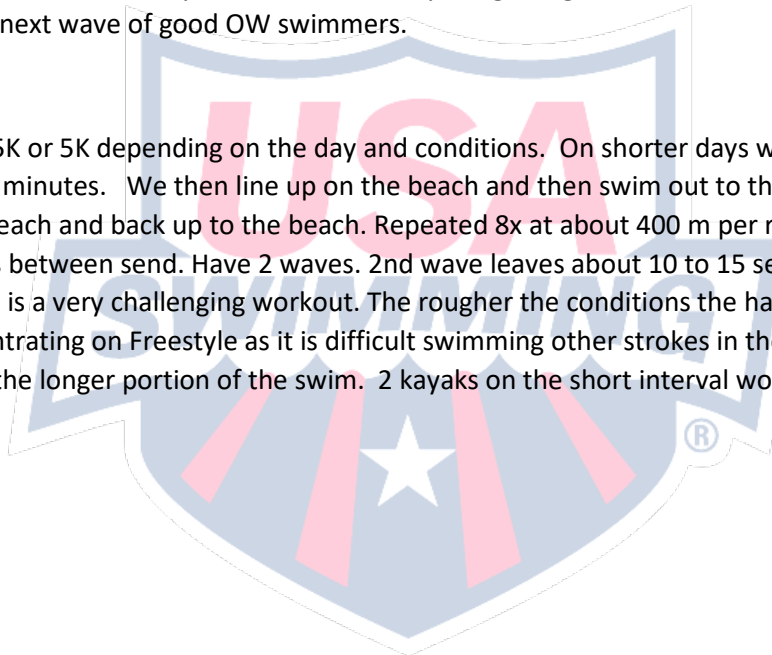
BEGINNER/INTERMEDIATE

DON HENSHAW, HEAD COACH, GULF COAST SWIM TEAM

10 & UNDER

➢ They swim about 2.5K total swim . Stop every 200 yards and tread water, learn to spot on a new site, to learn sighting and direction. Worked on breathing every 3rd stroke to lift head to learn sighting. Did all freestyle as we are just starting back and the conditions can change in the gulf.

➢ We did 50 yard swims and used kayak as a buoy from the beach and back. Did 8 repeats after long swim. They swim parallel to the beach for safety and makes them feel comfortable with it. 1 Kayak stays with the group while the older group is further out. It gives lots of eyes on the course when done this way. Kids loved it! They are getting over their fear of OW which helps us create our next wave of good OW swimmers.

11 & OVER

➢ Swam a 2.5K or 5K depending on the day and conditions. On shorter days we swim the 2.5K roughly 30 minutes. We then line up on the beach and then swim out to the "No Wake" buoy from the beach and back up to the beach. Repeated 8x at about 400 m per round. About 30 to 40 seconds between send. Have 2 waves. 2nd wave leaves about 10 to 15 seconds after the first wave. This is a very challenging workout. The rougher the conditions the harder it is. We are just concentrating on Freestyle as it is difficult swimming other strokes in the Gulf. We have 4 kayaks on the longer portion of the swim. 2 kayaks on the short interval workout portion.

BEGINNER/INTERMEDIATE

## BRIAN ELKO, HEAD COACH, EHT SEAHAWK SWIMMING

WORKOUT #1

- ➢ A 2 mile swim. It is called the mile stretch and we normally go to the end and back. The athletes stay on the inside towards the docks and the kayaks stay on the outside protecting them from boats.

WORKOUT #2

- ➢ This point has a white buoy about 200 yards away. We do loops around the buoy. This is a better spot for 10-14-year-old athletes. It is also a good spot to do some speed play work, smooth to the buoy, fast back. Or to the buoy and back 3x descend 1-3.

WORKOUT #3

- ➢ This is more of a wide-open secure point. We will do a warm up and then a practice the swimmers like, we call follow the leader. They stay in a line and when I whistle the person at the end must sprint to the front.
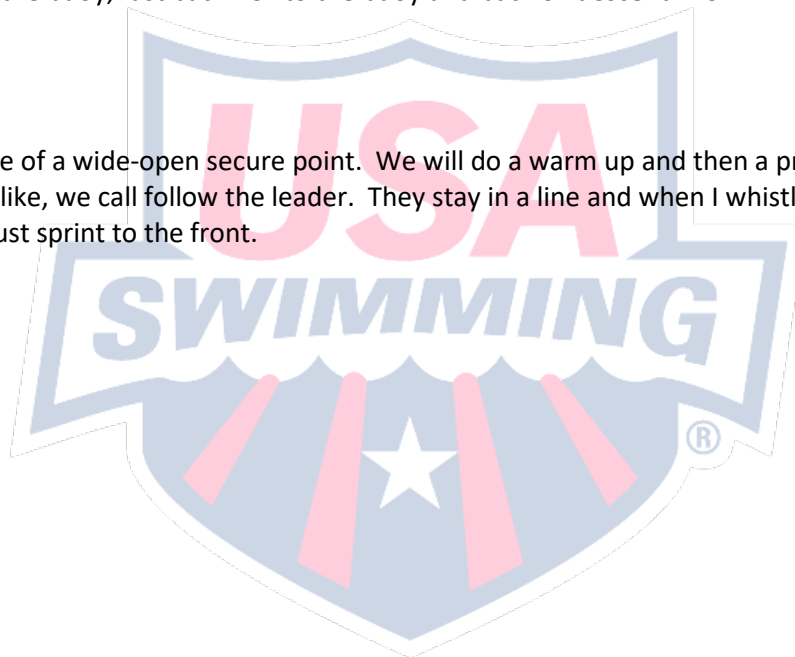
OW

Distance: 5,600 meters **Duration: 01:20:48** **Stress: 109** **Swims: 11** **Course: LCM** **Type: In pool** Created
Date: **05/21/2020** Author: **Ron Aitken**

Distance	Duration	Set Description	EGY	TYPE	STK	Pace

We are swimming in a swim area at lake mead. They have swim buoys about 75 meters apart and about 200 meters from shore. Our warm up today was 200 out. 3x75 to from swim buoy to swim buoy. The did 75 - DPS, 75 faster DPS, 75 leg focus fast swim x 3 and then they swim back to shore/home base.

400 Warm up

Distance	Duration	Set Description	EGY	TYPE	STK	Pace
400	06:00	1 x 1 x 400 @ 06:00	EN1	CHO	CHO	00:45

Free Builder (1)

Distance	Duration	Set Description	EGY	TYPE	STK	Pace
900	11:15	1 x 9 x 100 @ 01:15 Dec 1-3 Get Ready for Main Set	EN1	400	FR	00:38
	REST: 01:30					

Now we have a main set like a pool swim. We are deciding 600's and they look like this. Home Base/Shore to first buoy then swim to 3 buoys and return to home base. 200+75+75+200. If one of the bouys is at an angel it is about 250 from shore so we are pretty close to 600 meter swims and the times match pretty closely. Some of the decends are like 45 seconds. I'm getting times like 8min, 715, and 640. So I feel these are pretty good results.

600's Free Dec 1-5 White + 5-10

Distance	Duration	Set Description	EGY	TYPE	STK	Pace
3,600	42:00	1 x 6 x 600 @ 07:00 White Plus 25=<	EN2	400	FR	00:35
	REST: 01:30					

Next this is the first time we did this and had alot of fun. I paced out along shore what would be close to 50 meters and they went from home base to a floating buoy that I made back to home base and had to neg split. This was fun because they went in groups of 3 and all three had to do a 180 turn around a buoy agressively and sprint back against 22mph winds today. So needless to say it was hard to neg split against waves and wind. But times were like 30/31 101 for the boys and girls 32/32 doing 104.

SP2 Free Neg Split

Distance	Duration	Set Description	EGY	TYPE	STK	Pace
300	09:03	3 x 1 x 50 @ 03:00 100's Neg Split	EN1	400	FR	03:00
		1 x 50 @ 00:01 Neg Split	SP2	906	FR	00:01
	REST: 01:30					

400 Cool Down

Distance	Duration	Set Description	EGY	TYPE	STK	Pace
400	08:00	1 x 1 x 400 @ 08:00 Cool Down	REC	REC	CHO	01:00

TYLER FENWICK, ASSOCIATE HEAD SWIM COACH, UNIVERSITY OF VIRGINIA

WORKOUT #1

- ➢ **Out and Back**
  - o Identify a target (rock, ledge, bush, tree, log etc) about 200-400 meters away

- ➢ Example Set: 3 Rounds
  - • Out: Freestyle with a head high breath (keep hips on the surface on breath)
  - • Back: 12 strokes backstroke into 12 strokes free (get back in line on freestyle if you've drifted on backstroke)

- ➢ **Indian Swims (Native American Swims?)**
  - o This can be done in a single file line or double barrel (two lines)
  - o Athletes stay in order in a line. Swimmer(s) at the back sprint to the front after the previous swimmer(s) take the lead
  - o Leader controls the pace of the line
  - o Need to sight to not only keep leaders pace but also to know when the group behind you has reached the front

- ➢ Example Set:
  - • 1-2 Perimeters of lake, pond, quarry etc (Could be 300-1000 Meters)
  - • Tight line (be within an arms length of the feet of the person(s) in front of you
  - • All out race from back to front
  - • Leader-don't make it easy for them to take the lead
  - • Everyone else keep up
  - • Race from back to front doesn't need to be immediate
  - • Leader doesn't have to go at a fast or slow pace (their choice!)

- ➢ **Geometric Race (Fins are good with this)**
  - o Identify with the swimmers targets that they can swim to (trees, rocks, logs, really anything)
  - o Each segment can be as far as you are comfortable (Recommended 100-400 Meters)
  - o Provide direction and activities for each segment

- ➢ Example Set:
  - • Identify 5 separate pieces for this swim
  - • Partners stay together
  - • Group begins together but finishes as quickly as possible
    - o We identified and assigned instructions for the following (Fins On)
      - ▪ A large rock about 250 meters from start point
        - • 3 strokes Fly, 10 strokes free (with a fly kick)
      - ▪ A large plant jutting out from a rock face about 150 meters from the rock
        - • All out race (Choice)
      - ▪ A log floating about 600 meters from the large plant

- Head high breathing every 5 strokes, build the legs to big whitewater kick by end
  - A rock grouping 100 meters front the log
    - Breaststroke with fly kick
  - A 200 meter distance back to the start point
    - Race home!!!