

Suggested Swims (July)



Parents and Local Coaches:

July 1, 2025

As we know, swimming has been around for a long time, and like any sport, ideas come along that can revolutionize the sport. That is what is happening in swimming with "maximum speed" workouts.

What you will find attached will be:

- A. The benefits to sprinting at maximum speed.
- B. New Starts and Turns sets to use throughout the month.
- C. #1 Sprint set for the first two weeks of July
- D. #2 Sprint set for the second two weeks of July
- E. An example of where to place sprint sets within your sets for the day.

The purpose of the max speed set is to work on "fast swimming" with a decrease in distance. The more that the max set is used, the better.

Remember, these are just suggestions for those looking for some training guidance as we head toward the August Virtus World Championships. Feel free to ignore them if your local coach has a plan in place or you have another upcoming meet coming up.

We hope that you find this process beneficial!

Coach Bill & Coach Wilma
No Limits!

**Feel free to reach out to Athletes Without Limits
National Coach Bill Ewell with questions or feedback on
workout suggestions at ewellwj54@gmail.com.**

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A. The Benefits to Sprinting at Maximum Speed

Swimming sprints offer numerous benefits, including enhanced speed, increased power and endurance, improved stroke technique, and mental fortitude. They also contribute to overall cardiovascular health and can be a fun, engaging way to incorporate variety into a swimming routine.

Here's a more detailed look at the benefits:

★ Increased Speed and Power:

Sprints train you to swim faster for short bursts, building your capacity to handle faster speeds and developing the power needed to propel yourself through the water.

★ Enhanced Endurance:

Sprint interval training, where you alternate high-intensity sprints with rest periods, is a great way to improve endurance.

★ Improved Stroke Technique:

High-intensity sprints demand precise and efficient stroke mechanics, leading to improvements in your overall stroke technique.

★ Enhanced Cardiovascular Health:

Sprinting increases heart rate and blood flow, boosting cardiovascular fitness.

★ Mental Fortitude:

Sprint training pushes you physically, requiring mental toughness and resilience to push through fatigue.

★ Engagement and Fun:

Sprint sets can make training more enjoyable and prevent boredom, keeping you motivated and energized.

★ Muscle Strength and Power:

Sprint swimming engages both fast-twitch and slow-twitch muscle fibers, leading to increased muscle strength and power.

★ Increased Metabolism and Weight Loss:

The high-intensity nature of sprints can boost metabolism and burn calories, making them an effective tool for weight loss.

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B. Starts and Turns Sets To Use Throughout July

(The sets can be place anywhere within the workout)

Starts (2 rounds of 6 efforts)

- *(2) Power glide - hold streamline after start and see how far you can glide underwater
- *(2) Max speed breakout - pick a number of max speed strokes to hit and then cruise
- *(2) Full max speed

Turns (2 rounds of 4 efforts)

Efforts (Deadfloat underneath flags by the wall)

- *(2) Max speed off deadfloat + power glide off wall
- *(2) Max speed off deadfloat + max speed breakout off wall

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C. Sprint Set for First Two Weeks of July

#1 Maximum Speed Set:

15 seconds rest in between

Set 1:

(4x25) x 4 All Choice)

*1st 25: Max effort with buoy (keep it all upper body)

*2nd / 3rd 25: Max speed w/ no buoy

*4th 25: Max speed w/ buoy

Sprint Set 2:

(6x25) x 2

1st rd (Free)

*odds: (8) max speed stroke with legs crossed + ez normal free

*evens: (8) max speed normal free 2nd rd (Fly, Bk, or Br)

*odds: max speed strokes with legs crossed + ez free

fly (4max strokes) bk (8max strokes) br (4max strokes)

*evens: max speed normal strokes + ez free

fly (4max strokes) bk (8max strokes) br (4max strokes)

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D. Sprint Set for Second Two Weeks of July

#2 Maximum Speed Set:

15 seconds rest in between

Set 1:

2 rounds

*Max speed = Fly, Br, or Free 25 max speed

25 max backstroke (aggressive with the legs!) 2x25 max speed

25 max speed backstroke (aggressive with the legs!) 3x25 max speed

Sprint Set 2:

25 max flutter kick on back 25 max speed free

2x25 max flutter kick on back 2x25 max speed free

3x25 max flutter kick on back

3x25 max speed free

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E. Where To Place Speed Sets Within Your Workout

Example Practice Day

Any Day Set 1... 1000

x 300 - 2 swim / 2 kick

x 150 IM/stroke

8 x 50 - 25 strong / 25 perfect stroke

Set 2... 600

2 x 100 Kick - 1 free / 2 stroke

2 x 100 breath every 3 strokes - 15/20 seconds rest 2 x 100 breath every 5 strokes -

15/20 seconds rest

[Insert a July Maximum Speed Set Here]

Warm down

4 x 50 1:00

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Good Luck! Swim Fast!