

Suggested Swims (Late June)



Parents and Local Coaches:

As we know, swimming has been around 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. An example of sprint sets that you can incorporate into your workouts.
- C. An example as to where to place the sets within your sets for the day.

The suggestion is for the sets provided to be placed at the end of your daily swim routine **through the end of June**. A different "Max speed set" suggestion will be sent in July.

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 if your local coach has a plan in place or you have another upcoming meet you are preparing for.

We hope that you find this process beneficial!

Thanks,
Coach Wilma & Coach Bill
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. Example Sprint Sets You Can Incorporate Into Your Workouts

Maximum Speed Set #1

15 seconds rest in between

3-4 Rounds of

(3x25 + 25 + 50)

*3x25 - max speed (All choice)

*25 - ez free

*50 - 1st 25 (free - 0-2 breaths) 2nd 25 (max speed - choice)

#2) Maximum speed Set #2 15 seconds rest in between

10x25 Free

*(2) 1st 6 strokes max speed and no breath

*(2) 1st 8 strokes max speed and no breath

*(2) 1st 10 strokes max speed and no breath

*(2) 1st 8 strokes max speed and no breath

*(2) 1st 6 strokes max speed and no breath

after stroke # and no air - ez free

Sprint Set #1

(6x25)x2

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)

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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C. Where To Place the Sets Within Your Other Sets for the Day

Example Practice Day

SET 1.....1000

4 x 150 2:30 - 2 swim / 2 kick

4 x 75 1:30 IM/stroke

4 x 25 :30 strong

SET 2 ...600

1 x 200 breath every 3 strokes - 15/20 seconds rest

1 x 200 breath every 5 strokes - 15/20 seconds rest

1 x 200 breath every 7 strokes - 15/20 seconds rest

Set 3 Maximum speed Set #1 15 seconds rest in between - 450

3-4 Rounds of

(3x25 + 25 + 50)

*3x25 - max speed (All choice)

*25 - ez free

*50 - 1st 25 (free - 0-2 breaths) 2nd 25 (max speed - choice)

SET 4 ...600

2x

4 x 25 :40 fly

4 x 25 :40 back

4 x 25 :40 brst

[Swims 1/2: perfect stroke, 3/4: strong]

SET 5 MAXIMUM SPEED SET #2

15 seconds rest in between - 250

10x25 Free

*(2) 1st 6 strokes max speed and no breath

*(2) 1st 8 strokes max speed and no breath

*(2) 1st 10 strokes max speed and no breath

*(2) 1st 8 strokes max speed and no breath

*(2) 1st 6 strokes max speed and no breath

after stroke # and no air - ez free

WARM DOWN

4 x 50 1:00

Total: 2900