

Open Water Workouts Mid Season by Jay Benner

w/u 800 Swim dec by 300's  
3 x 300 (150 kick / 150 swim) work legs! 10 sr  
3 x 200 Speed Play Alt 50's mod/strong 10 sr  
15 x 400 Alt 400's #1) 3 sec per 100 slower EN2  
#2) 2 sec per 100 slower EN2  
#3) EN2  
w/d 6 x 100 5 sr Alt 25's Bk/Fr  
(9,000 yds/mts)

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w/u 15 x 100 Alt 1) @ 1:20 - 1:15 - 1:10  
3 Rounds, Dec by effort:  
1 x 800 Neg split  
1 x 600 Speed Play 100's  
1 x 400 Kick - work legs  
1 x 200 Alt 25's Fr/Fly  
8 x 200 Fr short rest @ EN2 @ 2:00/2:05/2:10  
w/d 500  
(9,600 yds)

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w/u 12 x 100 Alt 1) Fr @ 1:20 & 1) IM @ 1:30  
8 x 100 Odd (50 Fly -Bk) Even (50 Brst - Fr) @ 1:30  
3 x 200 Fr Dec 1:3  
1 x 6000 Swim Dec by 2000's  
w/d 16 x 50 @ 45  
(9,600 yds)

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w/u 1500 swim dec by 500's  
3 x 500 Dec 1:3 @5:30  
3 x 400 Dec 1:3 @4:20  
3 x 300 Dec 1:3 @ 3:15  
3 x 200 Dec 1:3 @ 2:10  
3 x 1000 Pull speed play 100's, alt 100 mod/strong, 20 sr  
10 x 100 @ 60  
w/d 500  
(10,200 yds)

Summary of Yardage Totals by Catherine Vogt

Monday, July 25  
7,600 meters, AM  
7,400 yards, PM

Tuesday, July 26  
7,400 meters, AM  
6,300 yards, PM

Wednesday, July 27  
7,200 meters, AM only

Thursday, July 28  
6,800 meters, AM  
6,500 yards, PM

Friday, July 29  
5,600 meters, AM  
5,000 yards, PM

Saturday, July 30  
5,500 meters  
Travel to Irvine

Tuesday, July 26, PM (short course)

600 Choice

K 8 x 50 (1 ez, 1!) :50

2 x

4 x 150 (mid 50 Drill) 1:50

4 x 75 (R/L/S) 1:20 (2<sup>nd</sup> round, stroke)

4 x 50 (variable sprints) :45

2 x

Pull 400

Swim 3 x 250 Desc 1-3 2:50

Swim 4 x 125 1:40 (2 HR 150, 2 Max!)

2<sup>nd</sup> round 4 x 75 on 1:00 (2 HR 150, 2 max!)

Warmdown

Sunday, July 31 (long course, in Irvine)

400 Free

400 Rev IM D/S

200 K/S

6 x 150 (D/cruise/build)

3 x

300, 200, 100 (desc by rounds)

Rd 1 – 1:20 base

Rd 2 – 1:15 base

Rd 3 – 1:20 base

Pull 600 (200sm, 200 bld, 200 fast)

6 x 50 1, 3, 5 desc and fast turn

2, 4, 6 easy

Warmdown

400 Free  
300 IM (D/S) no free  
300 Free

2 X  
200 Kick 2:45  
4 x 50 ! 1:00

3 x 100 Fly/Back 1:25  
3 x 100 Back/Breast 1:30  
3 x 100 Breast/Free 1:30

1 x 400 Neg 5:30  
6 x 200 Desc 1-3, 4-6 2:30  
1 x 400 80% 5:30  
12 x 100 1:20 (2 smooth, 1 fast!)  
1 x 400 Fast!

2 X  
Pull 3 x 100 1:30  
1 x 300! 4:00

Warm Down

800 Choice

12 x 50

3 - :40

1 - ! :50

Pull 12 x 100

6 - 1:20

6 - 1:15

2 X 250 EZ 4:00

350! 4:30

2 X 150 EZ 3:00

250! 3:30

2 X 100 EZ 2:00

150! 2:30

(3:41, 3:39, 2:38, 2:38, 1:33, 1:31)

Easy 100

K 2 x 100

S 4 x 50 Fly

K 2 x 100

S 4 x 75 Back

K 2 x 100

S 4 x 100 Br

K 2 x 100

S 4 x 150 Free

W/D 200

600

(3 x whole set)

200 K/S	2:50
2 x 50 surf kick	1:00
200 D/S	2:40
2 x 50 ok	:50
200 S	2:30
2 x 50 build to turn	:40

2 x 600 loco 7:50

3 x 100 desc 1:15

2 x 600 neg 7:30

3 x 100 desc 1:15

2 x 600 fast 7:10

3 x 100 desc 1:15

Turns/breakouts,etc

200 warm down

8,000 m

800 (200 S, 200 D, 200 S, 200 D)

K 10 X 100

5 – 1:55

5 – 1:45

12 x 50

4 – Free :50

4 – Stroke :50

4 – Free :45

8 x 100 (mid 50 stroke) 1:30

6 x 150 DPS

P 4 x 200 desc 2:25

2 x 300 (descending 100's) 3:45

18 x 100

4 – 1:20

2 – 1:05

4 – 1:15

2 – 1:05

4 – 1:10 (missed 2)

2 – 1:05

300 warm down

7500 m