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## 'Tis the Season (12/22/2005)



*BY DANA KIRK//National Team Correspondent*  
Christmas is a time for family, food and fun. Christmas lights and carols fill the air and everyone just seems happier. Especially coaches. Christmas break, for coaches, is a time when their swimmers don't have excuses like school, homework or projects. For them, this time of year is a great time to get the creative juices flowing and to push their swimmers to their limits, physically and mentally. Here are some of the gnarliest sets of the season.

**Swimmer:** Lea Maurer (Loveless)

**Club:** Badger Aquatics

**Sets:** 6x400 butterfly or "The Grand Prix." The Grand prix is for time – 3300, 1650 back, 800 pull, 400 IM, 200 fly, 100 double arm backstroke, 200 fly, 400 im, 800 pull, 1650 back.

**Quote:** "Christmas ended when you walked through those doors." – coach John Collins

**Swimmer Response:** "I'm going back outside where it's Christmas!" – Lea

**Swimmer:** Lauren Costella

**Club:** Carson City Tiger Sharks

**Set:** 10x1650 @ 20m. Odds, moderate; Evens, descend 1-5 to all out. (scy)

**Quote:** It's the kind of set that everyone needs to do once in their life. You get a great sense of accomplishment, but doing it again after the first time is just insane.

**Swimmer:** Scott Usher

**Club:** Wyoming Aquatics

**Set:** (scm) 4x50, descend 1-4 to race pace 200 on 50 sec

4x50 free easy on 50

Rest

4x50 at 200 race pace +1 on 50

4x50 free easy on 50

Rest

4x50 at 200 race pace on 50  
4x50 free easy on 50  
Rest  
4x50 at 200 race pace -1 on 50  
4x50 free easy on 50

**Quote:** The groups of 8 are rotated 1 breast then 1 free for the set of eight and then go to the next set. My coach is looking for my best ever 200 race pace so it is pretty fast for practice. I usually start out at 32 and get to 30 on the last set of eight. This is not a terribly hard set but it is a quality set and allows the swimmers to see the speed that they are looking for in the 200. This makes the set more fun for the swimmers and is one of my favorites.

**Swimmer:** Chris Thompson

**Club:** Roseburg

**Set:** 100x125@130 scy

**Quote:** It's a good set to do that is very challenging. Not many people can do it.

**Swimmer:** Nick Brunelli

**Club:** Ocean State Squids

**Set:** 20x400 IM @ 1cm

**Quote:** The key to the set is to descend by only one or two seconds per 400. If you mess up on one and went too fast you were in trouble for the rest of the set. It was the hardest set to do physically and mentally.

**Swimmer:** Mike Alexandrov

**Club:** Champion Aquachiefs

**Set:** 100x50 @1 minute

1<sup>st</sup> 20= every fifth fast

2<sup>nd</sup> 20= every fourth fast

3<sup>rd</sup> 20= every third fast

4<sup>th</sup> 20= every other fast

Last 20= all fast

**Quote:** "How many left?"

**Answer:** "More than you want to know."

**Swimmer:** Rhi Jeffrey

**Team:** Aqua Crest

**Set:** 200x 100s

**Quote:** "On New Year's Eve 2000 my coach thought it would be fun to do 200 100s. It wasn't."

**Swimmer:** Daniel Slocki

**Team:** Auburn Aquatics

**Set:** "The Dave Marsh Birthday Set"

Two years ago 44x150s

This year: 46x100s

Next year-???????????

**Coach:** Greg Troy

**Team:** Florida

**Sets:**

*IMers*

16x 50 Fly (8 pull with band @ 50/ 8 pull with buoy @ 45)  
1x 400 IM 4:45/5:00  
8x 100 Back (pull with buoy @ 1.15/ 1.20)  
2x 300 IM @ 3.45/ 4.00 (100 back, breast, free)  
4x 200 Breast (100 with buoy- cheat and take a small kick- 100 swim)  
3x 200 @ 2.30/ 2.40 (100 breast/ 100 free)  
2x 400 Free swim, negative split @ 4.15/ 4.30  
2x 400 IM @ 4.45/5.00 descend

*Distance Free*

2000 swim smooth, descend by 200's  
1000 swim faster than ½ your 2000  
2x500 faster than ½ your 1000 on #1 and faster then that on #2  
4x250 faster than ½ your second 500 on #1 then desc.  
1x100 hold pace from #4  
1000 for time. Really get after it!

**Quote:** I don't believe in loading people up at certain times in the year. We do this pretty much all the time.

**Coach:** Jerry Adams

**Club:** Schenectady Sharks

**Set:**

*Pre-set*

200 IM @ 2.50  
175 of an IM @ 2.30 1x25 free all out @ 30  
150 of an IM @ 2.10 2x25 free all out @ 30  
125 of an IM @ 1.50 1x25 breast all out, 2x 25 free all out @ 30  
100 of an IM @ 1.30 2x25 breast all out, 2x 25 free all out @ 30  
75 of an IM @ 1.10 1x25 back, 2x25 breast, 2x 25 free all out @ 30  
50 of an IM @ 50 2x25 back, 2x25 breast, 2x25 free all out @ 30  
2x25 fly, 2x25 back, 2x25 breast, 2x 25 free all out @ 30

*Main set*

2x500 Free  
2x400 IM  
2x400 Free  
2x300 IM  
2x300 Free  
2x200 IM  
2x200 free  
2x100 II  
100 ez  
200 free for time

**Quote:** The set doesn't have to be hard, but it should. I think it is all in the effort.

**Swimmer:** George Gleason

**Club:** Yale

**Set:** New Years Day Set - 30x100 LCM @ 1.30 descend to goal time... if can't descend every 100, then hold fastest time.

**Quote:** The set is as hard as you make it. I think that our coach used it as a way to figure out how we were heading into the next year.

**Swimmer:** Dana Kirk  
**Club:** Tacoma Swim Club

**Set:** New Years Day  
3x1000, descend 1-3  
3x500, descend 1-3  
10x100 (25 fly/25 free)

Now do the whole thing three times...

**Quote:** I like doing three, four hour workouts to help my swimmers build a little confidence, a little pride in themselves.

#### **On the more fun side of creative....**

**Swimmer:** Dana Kirk  
**Club:** Tacoma Swim Club

**Set:** Scrooge game

Swimmers role a set of dice. If the role is an odd number, then you have to swim a 1,000-yard set. If the role is an even number then we get to play a game for 15m.

**Swimmer:** Laura Davis

**Club:** Terrapins

**Set:** Sprint a 50, get out, do/say something Christmas like, do ten push-ups.  
Repeat.

**Club:** Harvard Men

**Set:** New Year's Day- Beach Work Out -Three hours of body surfing, cross training, ocean swimming and running.

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