Vaughn's Daily Workout (2024-04-29)

Optimized Swimming: Week 1, Day 1

Warm-Up:

Distance	Interval	Drill	Intensity
200-300	-	Easy, warm up swim	1
4x50	1:00	Kick, Choice	2
4x50	0:50	Freestyle Pull	2

Freestyle Drills - Repeat 1 time(s).

Distance	Interval	Drill	Intensity
4x25	0:50	Freestyle Catch-Up	1
4x25	1:00	One Arm Freestyle	2
4x25	1:00	6-Kick Switch	2
2x25	0:40	Closed Fist	2

Main Set - Threshold - Repeat 1 time

Distance	Interval	Drill	Intensity
400	4:50	Swim, Consistent Pace	3
2x200	3:00	Swim, Build Speed	4
4x100	1:30	Swim with strong kick	4
100	2:20	recovery	1

200 Cool-Down

Drills Refresher:

- **Freestyle Catch-Up**: Swim frestyle as ususal, but instead of a continuous arm motion, leave one arm above your head at all times and 'catch up' to it with your other. Alternate arms as you swim across the pool, focusing on one pull at a time.
- **One Arm Freestyle**: With a focus on body position, leave one arm above your head and pull with the other. Maintiain a consistent kick, and switch arms halfway across the pool.
- **6-Kick Switch**: Pull with one arm, and count six kicks before beginning the next pull. Maintain good body position and consistent kick.
- **Closed Fist**: With a focus on engaging your forearm 'catch' in the water, swim freestyle with a closed fist.

Threshold Goal:

The aim of threshold swimming is to sustain a challenging but manageable pace that hovers around your lactate threshold, the point where lactic acid begins to accumulate in the muscles. This pace should be challenging enough to push your limits but sustainable for the duration of the set, aiming to improve your ability to tolerate and clear lactic acid while enhancing your overall anaerobic threshold.

Workout Created Using: bit.ly/swim_training

(handwritten) Name determined by input

(handwritten) date using date of download

Vaughn's Daily Workout (2024-04-29)

Optimized Swimming: Week 1, Day 1

Warm-Up:

(handwritten) Week and Day Number determined by inputs

Distance	Interval	Drill	Intensity
200-300	-	Easy, warm up swim	1
4x50	1:00	Kick, Choice	2
4x50	0:50	Freestyle Pull	2

(handwritten) drills — Specific to day one of the week

Freestyle Drills - Repeat 1 time(s).

Distance	Interval	Drill	Intensity
4x25	0:50	Freestyle Catch-Up	1
4x25	1:00	One Arm Freestyle	2
4x25	1:00	6-Kick Switch	2
2x25	0:40	Closed Fist	2

(handwritten) distance determined by age

Main Set - Threshold - Repeat 1 time

(handwritten) Main and drill repeats based on Week number

Distance	Interval	Drill	Intensity
400	4:50	Swim, Consistent Pace	3
2x200	3:00	Swim, Build Speed	4
4x100	1:30	Swim with strong kick	4
100	2:20	recovery	1

200 Cool-Down

(handwritten) Intervals Calculated dynamically using base interval

Drills Refresher:

(handwritten) drills described here and linked as Videos on website.

- **Freestyle Catch-Up:** Swim frestyle as ususal, but instead of a continuous arm motion, leave one arm above your head at all times and 'catch up' to it with your other. Alternate arms as you swim across the pool, focusing on one pull at a time.
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- **Closed Fist:** With a focus on engaging your forearm 'catch' in the water, swim freestyle with a closed fist.

Threshold Goal:

(handwritten) Main Set description updates to match Practice

The aim of threshold swimming is to sustain a challenging but manageable pace that hovers around your lactate threshold, the point where lactic acid begins to accumulate in the muscles. This pace should be challenging enough to push your limits but sustainable for the duration of the set, aiming to improve your ability to tolerate and clear lactic acid while enhancing your overall anaerobic threshold.

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