

Old workouts from USA UWH website:

## Definitions

HOHU = half over, half under

HUHO = half under, half over

OU = over a full length, under a full length

UO = full under, full over

aSap = as slow as possible

FU = full underwater

BOGDAT = B.reathe O.nce G.o D.own A.nd T.ouch.

TOFU = three lengths over, fourth full under- You will only ever do tofus in multiples of 100.

BU = bogdat, under- done in multiples of 50.

## TYERA'S WORKOUTS

### Week 1 - Recovery Set

(all with fins)

400 swim

2 x 25 under, aSap (my new acronym, which means as SLOW as possible), keep track of times. rest after each 25 the same amount of time you stayed under.

2 x 100 huho, :20 rest, cruising pace (~75%)

2 x 25 under, aSap

2 x 100 hohu, :20 rest, cruising pace (~75%)

2 x 25 under, aSap

2 x 100 ouou, :20 rest, cruising pace (~75%)

2 x 25 under, aSap

250 kick, flutter w/ kick board, cruising pace

2 x 25 under, aSap

250 kick, flutter on back, cruising pace

2 x 25 under, aSap

250 kick, dolphin w/ kick board, cruising pace

2 x 25 under, aSap

250 kick, dolphin on back, cruising pace

2 x 25 under, aSap

200 cool down

**total: 2600 yards**

### THINGS TO THINK ABOUT

100 huhos, hohus, ouous = consistency. the unders should not feel harder than the surface swims, and vice versa. you probably have a good idea what a cruising pace feels like -- for me, i feel specifically not dragging or "slow", but i could still swim "forever." if you don't know this feeling, this set is a great time to discover it. if you find yourself really panting after the unders, and having to slow down the surface swims to compensate, you are pushing the unders too hard. try to relax underwater more, and swim slower.

250 kicks = smooth, even, deep kicks. on flutter, hinge at the hip. your knees should bend slightly, but a lot of the speed comes from engaging ALL your leg muscles, including guts and hip flexors. on dolphin, engage all your abs. keep your shoulders relaxed.

25 unders = SLOW. these are the tests of how your heart and lungs are working in the other elements. if your times on the 25s are on the short side, you may be pushing yourself too hard on the rest of the elements. try to make the second 25 longer than the first every single time.

remember, this is a RECOVERY set.

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## Week 2

(all with fins)

600 swim

8 x 100 + :20; 2 x huho, 2 x hohu, 2 x ouou, 2 x tofu. the second 100 of each type should be faster than the first.

100 easy

400 flutter kick w/ board, 50 hard + 50 easy

400 flutter kick on back, 50 hard + 50 easy

400 dolphin kick w/ board, 50 hard + 50 easy

400 dolphin kick on back, 50 hard + 50 easy

10 x 25 under, half easy + half sprint, alternate dolphin and flutter (actually, i went dolphin, flutter, flutter, dolphin, repeat; but that's not important)

150 cool down

**total: 3500 yards**

a shorter workout that I'm making up on the spot:

(all with fins)

400 swim

200 huho

200 hohu

200 tofu

200 ouou

(200 fu -- can you do it?)

100 easy

12 x 50 on 1:05. 4 x huho, 4 x hohu, 4 x ou, descend each group of 4 (which means start out cruise pace and each subsequent 50 in the group of four is faster than the one before. then slow down again to start the new group of four)

3 x 100 swim + :15

200 cool down

**total: 2500 yards** -- if you want a longer workout, add a kick set in

SWIM TEST

7 x 100 on 2:20 in the following pattern:

100 swim

100 huho  
100 hohu  
100 tofu  
100 ouou  
100 fu  
100 fu  
Keep time for records

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### Week 3

(all with fins)

warm up/endurance: (this means no intervals, cruise pace)

400 swim  
100 huho  
100 hohu  
100 tofu  
100 ouou

main set:

12x75 on 1:20, first 4 hohu, then 4 huho, last 4 ouo. Descend each set of 4.

100 easy

main set:

800 kick, 400 flutter, 400 dolphin, alternate 50 hard + 50 smooth. Choice: kick board or back.  
200 cool down

#### THINGS TO THINK ABOUT

75s = consistent speed throughout each 75. don't take it easy and then suddenly sprint at the end because you only have a few seconds to get to the wall to beat your previous 75 time. instead, swim with a little more effort throughout the whole 75.

kicks = on the "smooth" 50s, focus on making your kicks very deep and smooth. on the "hard" 50s, think about increasing your turnover. ideally, you want a deep kick when you kick fast as well. but it's easiest to focus on when you're going slower. choose the kick board (or on your stomach w/out a kickboard) if you would like to focus on the downstroke of your kick. choose kicking on your back if you would like to focus on strengthening the upstroke of your kick. also, dolphin on your back is a good abs workout.

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### Week 4

(all with fins)

make sure you read what i've written below the set before you start.

warmup:

300 swim (w/ fins)

100 flutter

100 dolphin

100 huho

100 hohu

2 x 100 uouo (nice and relaxed)

main set #1:

9 x 100 on 1:45 alternate huho/hohu

100 easy

main set #2:

8 x 100 kick on 1:35 alternate flutter/dolphin

100 easy

main set #3:

8 x 25 under on :35

200 cool down

total: 3200 yards

THINGS TO THINK ABOUT

huho/hohu set and kick set:

these are sets to get your heart-rate up (as opposed to building strength).

as you swim each part, focus on increasing the turnover in your kick.

to me, there are two parts of the kick -- strength (ie. kicking deep); and speed, or turnover. for this workout, focus on speed/turnover. ideally, our kicks will be both very deep and very fast. but for now, let's focus on each aspect individually.

your times may be slower than when you focus on a deep kick -- don't worry! it's normal. as long as you're making the interval, forget about times. feel satisfied by your high heart rate, or fast-feeling kick instead.

unders: just cruise through these. you should probably be getting :20 rest or so.

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## Week 5

(all with fins)

warmup:  
400 swim  
100 huho  
100 hohu  
2 x 100 ouou (nice and relaxed)  
2 x 100 bogdat

main set #1:  
8 x 50 huho on :40

100 easy

main set #2:  
8 x 50 hohu on :40

100 easy

main set #3:  
8 x 50 ou on :50

100 easy

main set #4:  
8 x 50 fu on 1:05

100 easy

main set #5:  
8 x 25 under on :25

200 cool down

**total: 3400 yards**

THINGS TO THINK ABOUT

make your intervals.

press yourself harder to get a little more rest on the walls.

try to keep your times stay the same or even descend as you go through each set.

really stretch out stroke/kick on your recovery 100s. workout this week is all about recovery. intervals will feel pretty short (though we'll go shorter in a few weeks). you won't have enough recovery time to all-out sprint anything.

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**Week 6**

(all with fins)

warmup:  
400 swim  
200 huho  
200 hohu  
200 ouou

main set #1:  
8 x 50 alternate huho/hohu on :40

100 easy

main set #2:  
8 x 75 fu on 1:40

100 easy

main set #3:  
8 x 50 alternate hohu/huho on :40

100 easy

main set #4:  
8 x 75 broken down into 50 kick, rest 10 seconds, 25 under sprint, rest 20 seconds  
kick is choice (flutter or dolphin, board or not, back or front)

200 cool down  
total: 3500 yards

#### THINGS TO THINK ABOUT

make the fu's good.

keep your kick strong in the last set, but don't wipe yourself out before the under.

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## Week 7

(all with fins)

warmup/endurance pace:  
400 swim  
100 kick flutter  
100 kick dolphin  
100 hohu  
100 huho  
100 ouou  
100 tofu  
2 x 100 fu

2/3 game set: (keep track of 100s times)

100 tofu on 2:00

200 huho on 3:00

100 tofu on 2:00

200 hohu on 3:00

100 tofu on 2:00

200 ouou on 3:00

rest 3:00

100 fu on 2:00

200 ouou on 3:00

50 slow fu

50 easy

kick set:

500 kick dolphin on back (75 hard, 25 easy)

2 x 100 slow ouou

200 cool down

**total: 3400 yards**

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## Week 8

the word "build" means that you start slow and every stroke/kick is faster until you are all-out sprinting by the end  
the word "descend" means that each chunk (50 or 100 or whatever) is a consistent pace and faster than the one before.  
(all with fins)

warmup:

400 swim

200 huho

200 hohu

200 bogdat

main set #1:

6 x 75 swim build + :10 rest

main set #2:

8 x 25 under build + :20 rest (remember, longer rest means swim faster)

200 swim, 80%

main set #3:

600, alternate huho/hohu by 100. descend by 100.

final 100 < 1:00

100 easy

main set #4:

6 x 50, 37.5 yards (1.5 lengths) build swim, sprint 12.5 yards (1/2 length) under + :15 rest

main set #5:

8 x 25 unders, sasd (new acronym, which means "strike and stay down". sprint to the middle of the pool, angling from the surface at the wall to the floor in the middle, as you would on the strike. then swim as slowly as you can under to complete the length.) start the next 25 when fully recovered.

200 cool down.

**total: 3250 yards**

THINGS TO THINK ABOUT

make sure you are really and truly getting to 100% on your builds.

on the sasd's: absolutely as fast as you can sprint the strike, absolutely as slow as you can swim the rest. the most benefit comes from pushing the extremes on these.

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## Week 9

warmup:

500 choice (i recommend some unders)

main set #1:

aardvarks:

6 x 100 swim on 1:25, descend by 3's (descend the first 3 x 100, start the 4th 100 slow, and descend the second 3 x 100)

main set #2:

6 x 75 on 1:20, 50 kick + 25 under sprint. alternate dolphin and flutter.

main set #3:

champaign pyramid sprint set---

4 x 25 under on :30

3 x 50 hohu on :45

2 x 75 uou on 1:20

1 x 100 bogdat on 2:00

2 x 75 uou on 1:15

3 x 50 huho on :40

4 x 25 under on :25

100 easy/full recovery

main set #4:

4 x 50 FU (remember this means you can breathe on the wall) on 1:15, FAST.  
report times.

200 cool down

**total: 2950 yards**

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## Week 10

warmup:

100 swim  
100 kick flutter  
100 swim  
100 kick dolphin  
100 huho  
100 hohu  
100 tofu  
100 ouou

main set #1:

12 x 100 on 1:30  
---1st 3 x 100, 25 under + 75 swim  
--- 2nd 3 x 100, 25 swim + 25 under + 50 swim  
--- 3rd 3 x 100, 50 swim + 25 under + 25 swim  
--- 4th 3 x 100, 75 swim + 25 under

main set #2:

4 x 100 on 2:30, all fast  
---1st 100 tofu  
---2nd 100, 50 over + 50 FU  
---3rd 100, 25 over + 75 FU  
--- 4th 100 FU

100 easy

main set #3:

4 x 100 bubu (25 bogdat + 25 under + 25 bogdat + 25 under) on 2:00

cool down:

3 x 100 easy

**total: 3200 yards**

## THINGS TO THINK ABOUT

on changing altitude: just in case, for those of you who might be doing some moving around, like me.

many people get less out of high-altitude workouts than low-altitude ones. shortness of breath from lack of oxygen makes it seem like you are working very hard, so many people lower the intensity of their workouts. however, your muscles and heart are not working much harder than they would at the same activity level at low altitude. so, to make high-altitude workouts as efficient as those lower -- instead of judging your effort output based on perceived intensity, judge it based on actual pace. for us, that means finishing 100s in the same time as we do at lower altitude.

on bubus: you can thank dave kennedy for these (stupid acronym mine, though). they are tough, but they mirror a hockey game VERY well. think about your rest on the wall like time in the sub box.

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## Week 11

warmup:

400 swim

4 x 100 huho, hohu, ouou, bogdat

main set #1:

400 kick, 25 easy/25 hard, alternate flutter/dolphin by 100s

main set #2:

8 x 50 alt. huho/hohu, 25 easy/25 hard on :50

main set #3:

6 x 50 bubu (25 bogdat + 25 under) on 1:00 (since these are shorter than last week, push the unders faster)

main set #4:

tyera's pyramid:

1 x 50 fu on 1:00

2 x 50 uo on :50

3 x 50 huho on :45

4 x 50 swim on :40

3 x 50 hohu on :45

2 x 50 ou on :50

1 x 50 fu (FAST)

main set #5:

4 x 25 under sprint on :50

cool down:

200 easy

**total: 3000 yards**

## THINGS TO THINK ABOUT

on sprints:

let me emphasize again -- use the whole interval to rest and recover. it is crucial.

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## Week 12

warmup:

400 swim, 100 huho, 100 hohu, 100 ouou, 100 bogdat

main set #1:

8 x 50 huho/hohu 25 easy + 25 hard on :50

main set #2:

4 x 100 fast on 2:30 (tofu, ouuu, ouuu, fu)

100 easy

main set #3:

900 pyramid sprint set =

4 x 25 under on :30

3 x 50 hohu on :45

2 x 75 uou on 1:20

1 x 100 bogdat

2 x 75 uou on 1:15

3 x 50 huho on :40

4 x 25 under on :25

main set #4:

4 x 50 bubu on 1:00

main set #5:

8 x 25 sasd (strike and stay down) on 1:00

cooldown:

200 swim

**total: 3000 yards**

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## Week 13

everyone:  
800 warmup of your choice

main set #1:  
12 x 100 on 1:30  
---1st 3 x 100, 25 under + 75 swim  
--- 2nd 3 x 100, 25 swim + 25 under + 50 swim  
--- 3rd 3 x 100, 50 swim + 25 under + 25 swim  
--- 4th 3 x 100, 75 swim + 25 under

100 easy

main set #2:  
repeat the following 4x (total of 400 yards)  
50 under sprint on 1:20  
2 x 25 under sprint on :45

100 easy

main set #3:  
4 x 100 bubu on 2:00

cooldown:  
300 choice

**total: 3300 yards**

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## Week 14

(all with fins)

warmup:  
200 swim  
100 flutter  
100 dolphin  
200 swim  
100 flutter  
100 dolphin

main set #1:  
4 x 100 + :20, alternate uouo (asap on unders) and huho (hard on unders)

main set #2:  
4 x 50 + :15, alternate huho and hohu, each 50 = 25 easy/25 sprint

main set #3:

4 x 50 bubu on 1:00

main set #4:

(every one of these damn well better be as fast as you can possibly go!)

4 x 25 half-under sprint on :45

4 x 25 3/4-under sprint on :45

4 x 25 under sprint on 1:00

100 easy

4 x 25 half-under sprint on :45

4 x 25 3/4-under sprint on :45

4 x 25 under sprint on 1:00

100 easy

main set #4:

4 x 50 bubu on 1:00

200 cooldown

**total: 2800 yards**

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## Week 15

warmup:

200 swim, 100 kick, 100 huho, 200 swim, 100 kick, 100 huho

main set #1:

6 x 50 on :50, 25swim + 25bogdat

100 swim

main set #2:

6 x 50 bubu on 1:00

100 swim

main set #3:

6 x 50 SPRINT huho/hohu on 1:30

100 swim

main set #4:

6 x 25 under SPRINT on 1:00

100 swim

main set #5:  
6 x 25 sasd on 1:00

200 cooldown

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## Week 16

400 swim, 200 bogdat, 100 kelp dives

2 x 100 hohu, unders on your side, alt. flutter/dolphin (i also like to alternate which side i'm on by 50s)

2 x 100 hohu, unders upside-down, alt. flutter/dolphin

2 x 100 ouou, unders are "corkscrew" (1/4 length on front, 1/4 length on side A, 1/4 length on back, 1/4 length on side B), alt. flutter/dolphin

8 x 25 strikes (get to the center dot underwater as FAST as possible, choice to wall)

2 x 25 under aSap

8 x 25 under curl drills (2 each: (1) swim to center, regular curl, swim to opposite wall; (2) swim to center, regular curl, swim back to starting wall; (3) swim to center, reverse curl, swim to opposite wall; (4) swim to center, reverse curl, swim back to starting wall)

4 x 25 under sprint (FAST)

2 x 25 under aSap

8 x 25 strike to puck in middle, then sprint with puck to wall (FAST)

200 cool down

**total: 2300 yards**

this is a longer, slightly adapted version of the men's team "form drills." this key here is FORM, so focus on making rotations (from your stomach to your side, eg.) snappy and precise, quick good curls, and everything else perfect as well. all intervals are your choice -- push yourself if you want, but do the forms RIGHT and the sprints (damn well) FAST.

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## Week 17

(all with fins)

warmup:

150 swim

75 flutter

75 dolphin

150 swim

75 bogdat

75 huho

main set:

(all SPRINT)

8 x strikes on 1:00

4 x 25 under on 2:00

2 x 50 under on 4:00 (report times)

4 x 25 under on 2:00

8 x strikes on 1:00

200 cooldown

THINGS TO THINK ABOUT

there's nothing else for it -- you HAVE to leave it all in the pool on this set. during the recovery, your body may fool yourself and tell you're not working very hard. don't worry, you're getting great things out of it.

sprint!!!

also, the 50s are scary. but they're over before you know it. mine were over in :26, how about you?

## MOJO'S WORKOUTS

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### Workout 1

500 swim every 4th scull

4 x 125 every other BOGDAT 15 sec rest with fins

4 times through

200 swim on interval, 15 sec rest at most

2 x 50 on 1:00, first 25 underwater, then just get back.

100 easy

6 x 50 on 50 (or 15 sec rest) - sprint 25 swim w/fins, flip turn, 12.5 yds underwater fast kick

100 easy

8 x 25 stroke - 3 hard 1 easy on 10 sec rest

100 warm down

**(3,000)**

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## Workout 2

### Warm Up:

300 swim

200 kick mix up on your side, back, and stomach

200 HUHO - half under/half over

3 x 200 (25 flutter kick/25 dolphin kick/50 swim/100 HOHU) on 3:45

4 x 200 swim set

#1 50 hard/150 ez

#2 100 hard/100ez

#3 150 hard/50 ez

#4 200 hard

100 recover

8 x 25

Odds - finger tip crawl on bottom

Evens - easy swim

100 warm down

**(2,700)**

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## Workout 3

### Warm Up: 500

5 x200's

The interval should be set such that you swim fast but relaxed, and get approximately 10 seconds rest. The goal is too maintain the fast pace when you start to get tired.

100 easy

12 x 75 on the 1:15 - Each one will have a 25 under and a 50 over. Cycle the UW

1st 75 - 1st length under

2nd 75 - 2nd length under

3rd 75 - 3rd length under

Keep repeating this pattern.

Each group of 3 should be faster than the previous group. So #'s 10, 11 and 12 should be fast.  
5 x 100 Kick - build each 100 - on the 1:45

8 x 25 UW on the :30

100 Easy

**(3,100)**

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## Workout 4

This is a good Pace work out. Try to hold the same pace through out the entire main set.

### Warm Up:

10 x 50 with :30 rest between each - on the odd 50s swim 1st length, kick 2nd length. On the even 50s on the first length think about your breathing technique, 2nd length BOGDAT (Breathe Once Go Down And Touch)

### Main Set:

400 straight swim - remember your time, take 1:00 rest

2 x 200 swim - your 200 times should be faster than  $\frac{1}{2}$  your 400 time from above. :45 rest after each

4 x 100 swim - your 100 times should be faster than  $\frac{1}{2}$  your 200 times from last set. :30 rest after

8 x 50 swim - :15 rest

**(2,100)**

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## Workout 5

This Workout is a good one to do once a month or so and record your times for the 200s. You should see a steady improvement from month to month on your average time for the 4 200s as your fitness improves.

### Warm Up:

300 swim, 200 pull, 100 kick

12 x 25 Do it as 3 sets of 4 x 25 freestyle stroke drill (#1 reach arm over the barrel for a good catch, #2 pull down center of body drawing a line with your thumb, #3 finish your stroke past mid thigh, #4 think about consistent kick)

4 x 200 swim :30 rest after each swim

The idea with this set is that you want to try to make each 200 faster than the one before. So, start #1 out fairly easy and then increase your speed on each one. Record your times for the 4 200s after you are done with the workout. Do this set again in 4 weeks and see if you can improve on your times.

4 x 50 with :30 rest---nice and easy, use as a swim down.

**(1,900)**

# Hockey Workouts

## Workout 1 - A little more endurance focused

### Warm Up:

3 x (3 x 100 #1 swim, #2 Kick with Scull, #3 BOGDAT)

### Main Set:

400 Swim - pick up speed each 100 on 6:00

2 x 300 on 4:30 (Middle 100 of each 100 is HUHO) Make #2 faster than #1

3 x 200 Over Under by full lengths on 3:00

4 x 100 FU (Four Under lengths as many breaths as you need at the wall) 2:15 interval

100 Warm down and BREATHE!!!!

**(3,000)**

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## Workout 2 - Mid Distance workout

### Warm Up:

300 Swim

200 Kick switching the sides you are kicking onsides, front, back

100 (25 under fingertip crawl, 25 recovery swim x 2)

**Main Set:** this is a whole bunch of 150s with different things to work on through out.

2 x 150 on 2:15 (25 Bogdat 25 Swim through out)

2 x 150 on 2:15 (25 Under/50 swim x 2)

3 x 150 on the fastest send off you can do (like no more than :05 rest between) 2:00 ? or better

1 x 150 smooth recovery

3 x 150 on the 2:15 (50 kick/25 swim x 2) this should be a real challenging interval with the kick

1 x 150 smooth recovery

3 x 150 HUHO on 2:10 (Half Over Half Under) Push it on these!!

1 x 150 Smooth recovery

**(3000)**

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## Workout 3 - Nightmare Challenge Set Thats what my coach calls it!

**Warm Up:**

12 x 50 done as 3 sets of 4

#1 set swim smooth building up effort through out each 50

#2 set kick building effort through out each 50 so 3rd 50 is a good effort

#3 BOGDAT descending your swim time through out each of the 50s

**Main Set:**

3 x through this set

3 x 50 swim, descending swim time on each one of the 3 on :45 interval

3 x 100 swim on Fastest possible send off (ie., the interval you used for Toms challenge 100 set)

4 x 25 swim recovery on :30

this main set should get more and more challenging as you go through the 3 rounds. You are putting a little load on before each of the 100 sets.

3x (4x25s)

3x (4x25s Underwater)

Set #1 on :35 interval

Set #2 on :30 interval

Set #3 on :25 interval

Warm down with 150 BOGDAT

**(2700)**

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## Workout 4

This work out will integrate some dolphin kick work and short interval work.

**Warm Up:**

300 swim

200 kick on surface

200 BOGDAT (Breathe Once, Go Down and Touch)

4 x ( 25 dolphin kick underwater + 25 dolphin kick on your back + 50 swim kicking at least 5 kicks off or each wall with a quick dolphin kick) The 25 kicks should be on a :30 interval, the 50 swim should be on :50-1:00 interval.

Short intervals - all swimming on the next 2 sets (with or without fins)

4 x (3 x 25 swim + 75 swim)

The 25s should be on a very short rest - less than :05, with the 75 on an interval that will give you about :10 rest at a moderate pace. ie. 25s on :20 and 75 on 1:10.

100 easy

4 x (3 x 25 swim + 75 swim)

The 25s in this set should be at an easier interval that will give you :05-:08 seconds rest, the :75 should be at a very quick interval where you will get less than :05 rest. ie. 25s on :25 and the 75 on 1:00.

2 x 50 smooth swim

4 x 25 sprint kick underwater with :10 rest at each 25.

100 easy swim down

**(2,700)**