

JUSTIN MORTIMER: SAMPLE SETS

By Coach Bill Rose

The July issue of Swimming World Magazine features a "How They Train: Justin Mortimer" article that talks about how Justin has trained and blossomed under the guidance of not one, but four coaches during the last couple of years. At the University of Minnesota, he trained with head coach Dennis Dale and distance mentors Kelly Kremer (three years) and Bill Tramel (one year). He is currently training with Mission Viejo's Bill Rose.

Following are some of Justin Mortimer's sample sets:

Tuesday, January 31, 2006 2:30 p.m.

National Team Workout

1. Warm-up ...Swim 800 mixed
(800)
2. DISTANCE ONLY: Swim 3 x broken 900 on 10:00
... each repeat = 3 x 300 descending with 2 r.m. rest
(3500)
3. Swim 4 x 250 on 3:30
...build I.M. ladder choice
(4500 – 1800)
4. Kick/Swim ladder from 350 – 50 by the 50 on a 1:30 per 100 base
...each repeat = kick, with last 50 swim
(5900 – 3200)
5. Pull 5 x 300 on 4:00
... every 4th 25 = no breath (may stop to gather)*
... may use snorkel
(7400 – 4700)
6. Swim 12 x 125 on 1:45
... = 25 specialty** @ 200 pace, 75 free solid, 1 r.m. rest, 25 specialty FAST
(8900 – 6200)
7. Swim 1200
... = 3 partners across
... = 175 together pace, 1 r.m., 25 RACE, continuous
(10100 – 7400)
8. Warm-down ...Swim 200 moderate, EZ
10,300 – 7,600 yards

* may stop to gather means swimmer can stop for an unspecified amount of time to enable him to do the next part of the repeat as written

** specialty is defined as swimmer's best stroke

Thursday, February 16, 2006 2:45 p.m.

National Team Workout

1. Warm-up ...Swim 400, then 4 rounds of: 150 and 50
... 150 is freestyle starting at 2:05, and dropping the base :05 each round, 50 on :50
... 50 is non/free
(1200)
2. Pull 4 x 250 on 3:30 ...last 2 x 25 no breath
... may use snorkels ...may stop to gather on 25's
(2200)
3. Kick/Swim 900
... = kick 100/swim 50 continuous
... kick is descended 1 – 6 with last repeat FAST
(3100)
4. Swim 3 rounds of 4 x 50 on :50
... = variable sprint + fast x 3
5. Swim 8 x 25 UH20 streamline on :40 (with fins)
(3900)
6. **TEST SET**
 - A. Swim 4 rounds of: 200 set-up* on 4:00, 500 on 6:00 for time and record
Or
 - B. Swim 4 rounds of: 100 set-up on 2:00, 100 on 4:00 (two groups) for time and record, 100 set-up on 2:00, 50 on 2:00 (two groups) for time and record
- (6700 – 5300)
7. Swim (choice of equipment) 4 x 300 on 4:00, 3 x 200 on 2:45, 3 x 100 on 1:30
... each section = solid, with last repeat moderate
(8700 – 7300)
8. Warm-down ...Swim 100 EZ together
8,800 – 7,400 yards

* set up means to swim the repeat with thought of getting ready for the next repeat or main objective of set

Friday, February 24, 2006 2:30 p.m.

National Team Workout

1. Warm-up ...Swim 350 on 4:30, 100 I.M. on 1:30, 250 on 2:40, 100 I.M. on 1:30, 150 on 2:00, 100 I.M. on 1:30, 50 on :40, 100 I.M. on 1:30
(1100)
2. DISTANCE ONLY: Swim 10 x 300 on 3:00 (3:10)
...object is to make the set with controlled speed
(4100)
3. Swim 10 x 125 on 1:40
... = 75 free, 25 specialty, 1 r.m., 25 no breath
(5350 – 2350)
4. Kick 800 on 13:00, or whichever comes 1st
5. Swim 100 EZ
(6250 – 3250)
6. Pull 400, 300, 200, 100 on 1:20 base
...descending progressive* set
...make sure to know the ceiling times** needed!
(7250 – 4250)
7. Swim
 - A. DISTANCE ...Swim ladder from 100 to 500 on a 1:10 base, with a 50 FAST on :45 after each repeat
 - B. SPECIALTY ... Swim 5 x 200 on 3:00, 5 x 100 on 1:30
...revolve a FAST $\frac{1}{4}$ of the distance SPECIALTY on each set, with the last repeat ALL FAST SPECIALTY
 - C. TAPER ... Swim 8 x 25 FAST on :40
(9000 – 5750 – 4450)
8. Warm-down ...Swim 200 moderate, EZ
9,200 – 5,950, 4,650 yards

* progressive set means to get a intermediate time of one repeat, and use that time as a goal to beat on the next repeat. i.e. 400, 300, 200, 100 – on the 400, get the 300 time on the way out, and that time becomes the time to beat on the next 300 repeat. On the next 300 repeat, get the 200 split and beat that split on the next repeat, etc.

** ceiling times are the times that the coach gives the swimmer that must be beaten on every repeat of the particular set

Friday, March 03, 2006 2:45 p.m.

Taper – 6 days until sectionals

1. Warm-up

Swim 300 choice on 4:30

Kick 300 (back, free, choice by the 100) on 6:00

Pull 2 x 150 on 2:20 ...descending

Drill-Swim 6 x 50 on 1:00 ...I.M. order + choice

(1200)

2. Swim 8 x 50 on 1:00 ...hold steady pace for 1st 4 repeats, then descend 1-4

(1600)

3. Kick 300, then 4 x 25 fast on :30

4. Pull 300, then 4 x 25 on :40 ...solid breath control

(2400)

5. Swim 200 negative split holding heart rate 160 or lower

6. Swim 4 x 100 on 2:00 ...specialty ... “feel easy but swim fast”

(3000)

7. Practice 5 starts

8. Warm-down ...Swim 200 & out

3,200 yards

Monday, March 20, 2006 2:45 p.m.

National Team Workout

1. Warm-up
Swim 8 x 150 on 2:25
... odd = last 50 drill/swim I.M. order
... even = 50 non/free, 50 free, 50 I.M. order
(1200)
2. **TAPER ONLY:**
 - A. Swim 4 x 100 on 1:15 (1:20, 1:30)
 - B. Swim 4 x 100 on 1:10 (1:15, 1:25)
 - C. Kick 200 on 4:20, then 4 x 50 solid on 1:05
 - D. Pull 500 negative split (400 for breast)
 - E. Swim 300 negative split @ 80+%
 - F. DISTANCE ONLY: Swim 800 come down at the 200 “as you feel”
 - G. Warm-down ...Swim 200 together moderate, EZ
3,400 – 4,200 meters
2. Kick 6 x 150 on 3:00 ...descending 1 – 6 on 3:00
(2100)
3. Swim 5 x 200 I.M. on 3:20
... = with an extra red mark before, revolve a fast 50 from the back to the front for the 1st 4 repeats, and the 5th repeat all fast
(3100)
4. Swim 10 rounds of: 3 x 100 on 1:30
... each round = # 1 & 2 set-up, # 3 @ threshold or higher (170 + heart rate)
... no rest between rounds
(6100)
5. Swim (choice of equipment) 4 x 200 on 3:00 ...revolve 50 fast from 1st 50 to the last 50 by the repeat
(7000)
6. DISTANCE ONLY
Swim 6 rounds of: 50 @ 1500 goal pace on :40, 150 form on 2:05, 50 @ 1500 goal pace on 1:00
7. Warm-down ...Swim 200 moderate, EZ
7,200 –8,700 meters

Thursday, January 26, 2006

Results – 3000 yard Time Trial

JUSTIN MORTIMER

100 - 55:6
200 - 57.1
300 - 55.9
400 - 55.7
500 - 55.3 (4:39.7)
600 - 55.7
700 - 55.1
800 - 54.6
900 - 54.7
1000 - 54.3 (914.1) (4:34.4)
1100 - 54.9
1200 - 55:7
1300 - 55.7
1400 - 55.6
1500 - 55.8 (4:37.6)
1600 - 56.0
1650 - 15:15.4
1700 - 56.0
1800 - 56.1
1900 - 56.6
2000 - 56.5 (4:41.2)
2100 - 56.4
2200 - 56.6
2300 - 56.8
2400 - 57.0
2500 - 56.7 (4:43.4)
2600 - 56.5
2700 - 56.3
2800 - 56.5
2900 - 56.4
3000 - 54.8 (4:40.3) ****27:56.7****

Thursday, February 16, 2006

TEST SET

Swim 4 rounds of: 200 set-up on 4:00, 500 on 6:00

Justin Mortimer 4:35.7 4:33.5 4:34.3 4:33.1

Friday, February 24, 2006 p.m.

RESULTS

Swim 10 x 300 on 3:00 (3:10)

...object is to make set with controlled speed

JUSTIN

2:49.8

2:47.5

2:48.3

2:47.9

2:47.7

2:47.2

2:47.5

2:47.9

2:47.1

2:42.5