

## SPEED DEVELOPMENT WORKOUT

By Wayne Goldsmith

Winning is all about speed. Gennadi Touretski, coach of Russia's legendary sprinter Alex Popov, says, "Speed is the most precious thing in swimming. In the end, it is what we are all about; it is what we are all trying to achieve."

The May issue of Swimming World Magazine provides four speed development workouts that will help you burn up the lanes. It also lists the "7 Golden Rules of Speed," something which every swimmer should know before practicing each workout.

Following is an additional speed development workout, called "Super Sixties."

### SUPER SIXTIES

Sixty-meter sprints are a great training distance. They are long enough to teach a swimmer how to sustain maximum speed, but short enough to train at developing real speed qualities. For example:

Warm-up

Stretch

3-5-minute break

6 x 60 meters at target race speed with an easy swim and stretch between each (cycle time is dependent on the swimmer's ability to maintain the quality of the set)

Warm-down

Stretch

### VARIATIONS:

Move the start/finish after each repeat. For example:

1st repeat: dive, swim 50, tumble and swim 10 meters

2nd repeat: start at 10 meters, swim 40, tumble and swim 20 meters

3rd repeat: start at 20 meters, swim 30, tumble and swim 30 meters

4th repeat: start at 30 meters, swim 20, tumble and swim 40 meters

5th repeat: start at 40 meters, swim 10, tumble and swim 50 meters (with a race finish)

6th repeat: dive start, swim 50, tumble and swim 10 meters