

Check out the May issue of Swimming World Magazine to read David Grilli's column, "The Self-Coached Swimmer: Coaching Yourself." David Grilli is a "player/coach" of a group of Masters swimmers in Londonderry, N.H. He is also the head coach of the RAYS age group swim team. He's been coaching for over 10 years and is ASCA-certified. Following are five of Grilli's favorite self-coached workouts.

#### INDIVIDUAL MEDLEY WORKOUT

1. Warm up by swimming a 500. Alternate doing 3 lengths free and 1 length stroke of choice.
2. 8 x 25 kicks, individual medley order (that's fly, back, breast and free)
3. 8 x 25 swim, medley relay order (that's back, breast, fly, free)
4. 3 x 300 (do this on a 30-second rest interval)
  - #1 is 25 fly, 50 back, 100 breast, 125 free
  - #2 is 25 back, 50 breast, 100 fly, 125 free
  - #3 is 25 breast, 50 fly, 100 back, 125 free
5. 4 x 150 (do this on a 20-second rest interval)
  - #1 is 50 fly, 50 back, 50 breast
  - #2 is 50 back, 50 breast, 50 free
  - #3 is 50 breast, 50 free, 50 fly
  - #4 is 50 free, 50 fly, 50 back
6. 4 x 100 IM on 2:00
7. Cool down with 8 x 50 on 1:05 (first length is stroke, IM order; second length is easy freestyle)

#### HERE IS ONE OF MY FAVORITE EARLY SEASON WORKOUTS

1. Warm-Up: 400, 300, 200, 100, all freestyle (Rest 30 seconds between swims)
2. 5 x 200 freestyle pulls on 3:00 (adjust your interval by adding 1:00 to your best 200 freestyle time)
3. 6 x 75 assorted kicks on a 15-second rest interval (fins are encouraged)
4. 3 x 100 descending on 2:00 (first swim is easy)

#### HERE IS A GOOD WORKOUT FOR WHEN YOU ARE ALONE

1. Warm up with a swim of 300-700 yards
2. 5 x 100 backstroke on an interval 30 seconds longer than your usual 100 free interval
3. 5 x 100 IM on a 30-second rest interval
4. 12 x 25 choice on :45
5. 2 x 500 on 10:00. Swim the first one comfortably but honestly, and monitor your 100 pace. Try to swim the second one at a pace five seconds faster per 100.
6. 200 yard cool-down, backstroke or breaststroke

#### HERE'S A GOOD WORKOUT FOR SENIORS

1. 500 warm-up
2. 8 x 25 on :50, IM order
3. 3 x 100 free on 2:00
4. 3 x 100 free on 1:50
5. 3 x 100 free on your best interval (1:45)
6. 400 backstroke pyramid--25, 50, 75, 100, 75, 50, 25--on a 10-second per 25 yards swum rest interval. Work hard on the 25, 50 and 75, and use the rest of the set as your cool-down. Remember, age gracefully.

#### HERE'S A GOOD MAINTENANCE SEASON WORKOUT

1. 500 warm-up swim (every fourth length a stroke of choice)
2. 8 x 25 kick (don't worry about speed; just do the kick correctly)
3. Swim 25, 50, 75, 100 (rest 15 seconds between swims; concentrate on your mechanics)

4. Swim 100, 75, 50, 25 (stroke of choice, again concentrating on your mechanics)

5. 5 x 200 (if it's aerobic day); rest 30 seconds between swims  
12 x 75 (if it's sprint day) on 2:15, building each 25 (good mechanics, turns and streamline)

6. 8 x 50 (descending in groups of 4 on 1:00) (aerobic day)  
16 x 25 on :40, building (sprint day)

7. Cool-down with a 300 that is swum perfectly.