

## **RYAN LOCHTE: SAMPLE SETS**

By Coach Gregg Troy

The June issue of Swimming World Magazine features an in-depth training article on Ryan Lochte, perhaps the hottest swimmer on the planet. The University of Florida graduate closed out his college career in March with three American and four NCAA standards. A week-and-a-half later at the Short Course World Championships in Shanghai, China, he earned six medals while setting three world and four American records.

Following are some of Ryan Lochte's sample sets.

### **Monday Dec. 19, 2005 a.m. workout (SC yards)**

2 x 1000 Locomotion

1<sup>st</sup> 1000: free is EZ, choice is fast

2<sup>nd</sup> 1000: choice is EZ, free is fast

done as follows: 2x = 25 EZ, 25 fast, 50 EZ, 50 fast, 75 EZ, 75 fast, 100 EZ, 100 fast

4 x 400 IM on 5:00 – 5:15 (smooth)

#1 Neg bk-br - fast free

#2 Neg Br-Fr - fast breast

#3 Neg Br-Fr - fast back

#4 Pedal to the metal

16 x 50 fly

8 pull on :45

8 pull on :40

No fly – swim free all @ fly  
Pace for end of swim

Repeat 4 x 400 IM

16 x 50 back

8 pull on :45

8 pull on :40

Repeat 4 x 400 IM

16 x 50 breast pull on :40

(9200)

**Tuesday Dec. 20, 2005 p.m.**

Depending on emphasis Lochte could choose one of three workouts/3 pools

40 minutes of Abs/Med ball/stretching

1 hour, 50 minutes for following

15 meters fly

25 yard breast

50 m (LC) back

2000-1500 warm up

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Butterfly

20 x 45

15 right

15 left

15 fast kick w/ 1 stroke finish

500/loosen

600 free & back

Main series

Main series

3x

2 x 200 fly on 3:00

1 x 200 free on 2:30

20 x 100 breast (4)

free (1)

@ 1:30

5 x 400 back

neg split

descend 1-5

on 5:20

600 loosen -- work IM

breast/free or all breast

#1 = 25 breast/25 drill

#2-4 = breast descend 1-4

#5 free DPS

6000-5500

**Wednesday, Jan 18, 2006 (p.m.)**

40 minutes dryland

In water SC yards

12 x 100 fly

1 – 6 drill/swim (no interval)

7 – 12 neg split/descend on 1:45

4 x 150        50 kick/50 free/50 choice @ 2:15  
all build by 50

6 x 200        #1-3 swum free, #4 swum fly, #5 swum back, #6 swum breast  
broken        on 4, 5, 6 add 5 secs. to fast intervals, EZ remains same

75 fast @ :40

50 EZ @ :60

50 fast @ :30

50 EZ @ :60

50 fast @ :25

50 EZ @ :60

25 fast @ :10

150 smooth, swim slowly & correctly

IM            1200 – 1500 weak stroke (breast for Lochte)  
25 drill/25 swim/ 10 kicks on wall after each 100

(6000)

**Wednesday, Feb. 22, 2006 (p.m.)**

## Stretch

4x 3 x 15 yards all out @ :20  
1 50 free on 1:00

8 x 200 @ 2:30 100 choice/100 free

## IM/stroke

100 free @ 1:00  
100 smooth @ 2:00  
50 free @ :25  
5-4x 100 smooth @ 2:00  
25 free @ :15  
125 EZ

## With fins & paddles

12 x 100

Odds	fly = 25 rt/25 left 25 swim/ 25 kick underwater
Evens	build back = 25 left/ 25 swim Breast = 25 swim/25 streamline (long glide)

1 x 500 free with snorkel

(5700-5300)

## **Tuesday, Feb. 28, 2006 (p.m.)** **SC yards**

20 x 50 from middle @1:00 work walls

6 x 100 free odds = kick fast/ neg split @ 1:40  
evens = breath @ 7 @ 1:40

## IM

2 x 300 back	@ 3:30
4 x 50 back descend	@ :45
2 x 300 breast	@ 3:30
4 x 50 breast descend	@ :60
3 x 200 bk/br	@ 2:30 (by 100s)
4 x 50 bk/br	@ :50
3 x 200 br/free	@ 2:20 (by 100s)
4 x 50 br/free descend	@ :45
1 x 400 fly/free	strong fly/smooth free

1500 – 800 long and loose

(6700 – 6000)