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SFUWH Workout 20120105

All the laps are in full hockey gear – no kickboards.

Warmup (800 yards)

200 swim

100 HUHO

200 swim

100 HUHO

100 swim

100 FU

Workout (2250 yards)

4x100@1:45 swim fast

2x200@3:30 kick only

1x400@7:00 swim

2x200@3:30 kick only

4x100@1:45 swim fast

Optional depending on time

Rest 1:00

2x100@2:00 FU (less than 5 breaths at wall between laps)

1x50 Under (no breath at wall)

Cooldown (300 yards)

2x100 swim medium

1x100 swim slow

SFUWH Workout 20120116

Warmup (800 yards)

200 swim

100 HUHO

200 swim

100 HUHO

100 swim

100 FU

100's Workout (2400 Yards)

4x100 surface on 1:20

4x100 HUHO on 1:30

4x100 HOHU on 1:30

4x100 TOFU on 1:30

4x100 OUOU on 1:45

4x100 FU on 2:00

SFUWH Workout 20120119

Warmup (600 yards)

200 swim

100 Kick only without fins

200 Kick only with fins

100 swim with fins

Workout (1850 Yards and 25 minutes) - Shoot for coming in on about 0:45 for each 50 yards

1 x 50 swim moderate on 0:45

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim moderate on 1:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 150 swim moderate on 2:00

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 200 swim moderate on 3:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 150 swim moderate on 2:00

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim moderate on 1:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 50 swim moderate on 0:45

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim easy

5 x 50 u/o on 0:50

5 x 50 u/o on 0:50

1 x 100 swim easy

This is a shorter workout set with some intense 50's. If you feel yourself making the times with ease, then go faster on the 50 FU's. For those people not up for such a set, just give a 1:15 for the 50 FU's.

SFUWH Workout 20120123

This workout is designed to get you sprinting and really burn those legs for short distances. Try as best you can to go 100% on all the sprint lengths. sprint lengths are only 25 yards long. You can deal with the burn for that 14 seconds at a time. Rest 30 seconds between each set. more if you really need to so that you can get the sprints in at full speed. Contact me if you have questions. I'll be out of town for the next couple weeks. Keep up the good work peeps....

Warm-up (400 yards. 8 minutes)

200 swim

200 kick

Main Set (2200 yards)

4 x 25 kick no fins on 0:45

8 x 50 swim w/ fins on 0:50

for each 50, first 25 is sprint and second 25 is easy. The sprint should be as fast as possible.

4 x 25 kick on 0:30

8 x 50 swim w/ fins on 0:50

for each 50, first 25 is sprint and second 25 is easy. The sprint should be as fast as possible.

4 x 25 kick on 0:30

Extra (800 yards)

Extra in case you are not already spent - you should be if you went 100% on the sprints

3 x 100 UOUO Slow, Med, Fast on 1:45

each 100 swim should be faster than the last within the set

4 x 25 kick on 0:30

3 x 100 UOUO Slow, Med, Fast on 1:45

each 100 swim should be faster than the last within the set

4 x 25 kick on 0:30

Cool Down

200 easy swim

SFUWH Workout 20120126

This workout is adapted from one of Tyera's. 2200 yards,

Warm up/Endurance: (this means no intervals, cruise pace leading to full speed, 900 yards, about 18 minutes)

400 swim
100 huho
100 hohu
100 tofu
100 ouou

Workout (1400 yards, 26 minutes):

4 x 75 HOHU on 1:20, Decreasing finish times within each set of 4 75's.
4 x 75 HUHO on 1:20, Decreasing finish times within each set of 4 75's.
4 x 75 OUO on 1:20, Decreasing finish times within each set of 4 75's.
100 easy
4 x 100 kick on surface on 2:00, Decreasing finish times

Cool Down (200 yards, 3 minutes)

200 swim

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.

SFUWH Workout 20120116 - easier

Warmup (800 yards)

200 swim

100 HUHO

200 swim

100 HUHO

100 swim

100 FU

100's Workout (2400 Yards)

4x100 surface on 1:30 was 1:20

4x100 HUHO on 1:30 was 1:30 (unchanged)

4x100 HOHU on 1:45 was 1:30

4x100 TOFU on 1:45 was 1:30

4x100 OUOU on 2:00 was 1:45

4x100 FU on 2:00 was 2:00 (unchanged)

SFUWH Workout 20120131

Warmup (400 yards; ~8 min))

100 swim

100 HUHO

100 HOHU

100 Kick

Main Set (2450 yards. 45 min);

4 x 100 Swim on 1:30

6 x 75 (25 FU + 25 Kick + 25 HUHO) on 1:30

12 x 75 (25 FU Flutter + 25 FU Dolphin Kick, 25 swim) on 1:30

10 x 50 OU Sprints on 1:00

4 x 25 FU on 0:25

4 x 25 FU on 0:25

SFUWH Workout 20120206

Warmup (500 yards)

300 swim

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

Main Set (1900 yards)

200 HUHO - half under/half over

3 x 200 on 3:45

#1 25 flutter kick

#2 25 dolphin kick

#3 50 swim

#4 100 HOHU

4 x 200 swim set

#1 50 hard/150 easy

#2 100 hard/100 easy

#3 150 hard/50 easy

#4 200 hard

100 swim easy

8 x 25 FU (Odds - finger tip crawl on bottom (very slow >30sec), Evens - easy swim)

100 warm down

SFUWH Workout 20120209

Warmup (400 yards)

100 swim

100 bogdat

100 huho

100 ouou

Workout (2100 yards)

300 kick with fins

4 x 100 HUHO on 1:45

4 x 100 TOFU on 1:45

4 x 100 OUOU on 1:45

4 x 100 FU on 2:00

200 easy

SFUWH Workout 20120213

This is the game set. It is meant to replicate a real game at a high level. All the intervals are to be swum fast like you're playing a really important game of hockey.

Warm up:

100 swim

100 kick

100 HUHO

100 OUOU

Workout (1800 yards; two 15 minute halves; 3 minute halftime)

200 HOHU on 3:00

100 OUOU on 2:00

200 HUHO on 3:00

100 OUOU on 2:00

200 TOFU on 3:00

100 OUOU on 2:00

3 minutes rest

200 HOHU on 3:00

100 FU on 2:00

200 HUHO on 3:00

100 FU on 2:00

200 TOFU on 3:00

100 FU on 2:00

Cool Down:

150 yards easy

SFUWH Workout 20120216

Warm-up (400 yards)

100 Swim
100 BOGDAT
100 HUHO
100 UOUO

Pyramid Workout

4 x 50 HOHU on 0:45
2 x 100 OUOU on 1:45
1 x 200 Kick on 6:00
2 x 100 OUOU on 1:45
4 x 50 HOHU on 0:45
Rest 1:00
6 x 50 UO on 0:45 (Fast Sprints)
Rest 1:00
6 X 50m kick with kick-board on 1:00 (Fast Sprints)

Cool down

10 minutes toolbox puckwork - that really means 10 straight minutes - (3 minutes figure 6, 3 minutes right to left under body, 4 minutes practicing deeks and double-deeks)

SFUWH Workout 20120221

This is a nice fun workout. Swim harder if you are making the times with ease. The 8 x 25 HU, 180 curl, HU are meant to be races to the puck on strike, curl, and swim back to the wall. If you can't do them in your pool, just do a 260 curl on the bottom and get to the other side or do a FU if that is too much hassle in your pool.

Warm Up

100 Swim
100 BOGDAT
100 HUHO
100 HOHU

Main Set

10 x 100 on 1:30 (25 U, 25 Swim, 25 bogdat, 25 kick)
1 x 50 swim moderate
500 kick
1 x 50 swim moderate
8 x 25 FU on :45 (sprints)
1 x 50 swim moderate
8 x 25 HU, 180 curl, HU on 0:45 (or FU)
1 x 50 swim moderate

Total Yards 2400

SFUWH Workout 20120223

Warm up

100 swim
100 Bogdat
100 HUHO
100 UOUO

Workout (2400 yards)

6 x 100 kick on 1:45 → 1:12, 1:11, 1:14, 1:12, 1:15, 1:17
6 x 100 swim on 1:25 → 1:07, 1:08, 1:10, 1:12, 1:15, 1:17
6 x 100 HOHU on 1:45 → 1:15, 1:23, 1:16, 1:20, 1:14, 1:19
6 x 100 UOUO on 2:00 → 1:23, 1:15, 1:17, 1:13, 1:14, 1:20

SFUWH Workout 20120301

Do this 4 times (1 minute rest in between each 300 yards, otherwise, no stopping):

1 x 100 Swim Moderate
1 x 100 Fast FU
1 x 100 Medium OUOU

Rest 1 minute

Then do these normal:

1 x 200 kick on 3:00
2 x 100 HUHO on 1:30
8 x 25 FU on 0:30
6 x 50 swim (25 sprint, 25 slow) on 2:00
1 x 100 easy

Total 2050 Yards

SFUWH Workout 20120305

Warmup (400 yards)

1 x 100 swim

1 x 100 BOGDAT

1 x 100 UOUO

1 x 100 swim

Workout (2,200 yards)

8 x 50 HUHO on 0:50***

Rest 0:30***

8 x 50 HOHU on 0:50

Rest 0:30

8 x 50 UO on 0:50***

Rest 0:30***

8 x 50 OU on 0:50

Rest 0:30

8 x 50 FU sprints on 1:15

Rest 0:30

8 x 25 FU sprint with curls (under to mid pool, 180 degree curl and under back to wall - with puck if possible) on 0:45

Total 2,600 yards

***If time is restricted, eliminate

SFUWH Workout 20120308

Warmup (400 yards)

100 swim
100 HUHO
100 HUHO
100 FU slow

Workout (2250 yards)

4x100@1:45 swim fast
2x200@3:30 kick only
1x400@7:00 swim
2x200@3:30 kick only
4x100@1:45 swim fast

Optional depending on time

Rest 1:00
2x100@2:00 FU (less than 5 breaths at wall between laps)
1x50 Under (no breath at wall)

Cooldown (300 yards)

2x100 swim medium
1x100 swim slow

SFUWH Workout 20120312

Warm up

200 swim

4 x 25 FU easy

Workout

Beep Test (as far as you can go...)

Additional yardage (do this twice if there is no beep test)

200 HUHO on 3:00

200 HOHU on 3:00

200 TOFU on 3:30

200 OUOU on 3:30

100 easy

4 x 50 HUHO on 1:15 (Faster as you go: 1:10, 1:05, 1:00, 0:55)

4 x 50 HOHU on 1:15 (Faster as you go: 1:10, 1:05, 1:00, 0:55)

SFUWH 20120315 Workout

Warmup

200 swim
100 kick flutter
100 kick dolphin
2 x 100 uouo (nice and relaxed)

Workout

8 x 100 on 1:45 alternate huho/hohu
100 easy
8 x 100 TOFU on 1:45

2300 yards total

If you have more time:

12 x 25 FU on 0:30 (increase to 0:35 if you are not making the 0:30's)

SFUWH Workout 20120319

Warmup

1 x 200 swim
1 x 100 kick
4 x 25 FU

Workout

10 x 50 UO on 1:10
10 x 50 OU on 1:10
1 x 200 Swim on 3:00
20 x 25 FU on 0:35 (alternate dolphin and flutter kick)
10 x 25 FU sprint to center, curl on bottom and back to wall on 0:40
1 x 200 Swim on 3:00

2150 yards Total

SFUWH Workout 20120322

Warmup (500 yards)

200 swim

100 Kick only without fins

200 Kick only with fins

100 swim with fins

Workout (1850 Yards and 25 minutes) - Shoot for coming in on about 0:45 for each 50 yards

1 x 50 swim moderate on 0:45

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim moderate on 1:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 150 swim moderate on 2:00

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 200 swim moderate on 3:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 150 swim moderate on 2:00

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim moderate on 1:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 50 swim moderate on 0:45

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim easy

5 x 50 u/o on 0:50

5 x 50 u/o on 0:50

1 x 100 swim easy

This is a shorter workout set. If you feel yourself making the times with ease, then go faster on the 50 FU's. For those people not up for such a set, just give a 1:15 for the 50 FU's.

SFUWH Workout 20120329

Warm up

100 swim
100 HUHO
100 HOHU
100 FU

Mixed Pyramid Workout

Do the following 2 times (3 times for a really good workout)

8 x 25 FU on 0:35
4 x 50 OU on 1:00
2 x 100 TOFU on 1:45
1 x 200 HOHU on 3:30
2 x 100 TOFU on 1:45
4 x 50 OU on 1:00
8 x 25 FU on 0:35

Total (2 times through) = 2800 yards

SFUWH Workout 20120329

Warm up

100 swim
100 HUHO
100 HOHU
100 FU

Mixed Pyramid Workout

Do the following 2 times (3 times for a really good workout)

8 x 25 FU on 0:35
4 x 50 OU on 1:00
2 x 100 TOFU on 1:45
1 x 200 HOHU on 3:30
2 x 100 TOFU on 1:45
4 x 50 OU on 1:00
8 x 25 FU on 0:35

Total (2 times through) = 2800 yards

SFUWH Workout 20120402

Warm Up

100 Swim
100 HUHO
100 HUHO
100 FU slow

Workout

1 x 100 swim slow on 1:45
1 x 100 swim medium 1:45
1 x 100 swim sprint 1:45

1 x 100 HUHO slow 1:45
1 x 100 HUHO medium 1:45
1 x 100 HUHO sprint 1:45

1 x 100 UOUO slow 1:45
1 x 100 UOUO medium 1:45
1 x 100 UOUO sprint 1:45

1 x 100 OUOU slow 1:45
1 x 100 OUOU medium 1:45
1 x 100 OUOU sprint 1:45

1 x 100 TOFU slow 1:45
1 x 100 TOFU medium 1:45
1 x 100 TOFU sprint 1:45

4 x 25 FU Sprint 0:30
4 x 25 FU medium 0:35
2 x 25 FU verrrrryyyy sssssllllloooowwwwwww (finger crawls)

SFUWH Workout 20120405

Warmup

200 swim

100 bogdat

4 x 25 FU moderate

Workout

4 x 75 kick on 1:30

Rest 0:30

4 x 75 swim on 1:30

Rest 0:30

4 x 75 ouo on 1:30

Rest 0:30

4 x 75 uou on 1:30

Rest 0:30

4 x 75 fu on 1:30

Rest 0:30

2 x 100 kick hard on 1:45

Rest 0:15

2 x 100 FU dolphin on 2:00

Rest 0:15

2 x 100 FU fluttter on 2:00

SFUWH Workout 20120409

The game set again. It replicates a high-level game from beginning to end.

Warm up:

100 swim

100 kick

100 HUHO

100 OUOU

Workout (1800 yards; two 15 minute halves; 3 minute halftime)

200 HOHU on 3:00

100 OUOU on 2:00

200 HUHO on 3:00

100 OUOU on 2:00

200 TOFU on 3:00

100 OUOU on 2:00

3 minutes rest

200 HOHU on 3:00

100 FU on 2:00

200 HUHO on 3:00

100 FU on 2:00

200 TOFU on 3:00

100 FU on 2:00

Cool Down:

150 yards easy

SFUWH Workout 20120412

Warmup

- 1 x 100 swim
- 1 x 100 HUHO
- 1 x 100 HOHU
- 1 x 100 FU Slow

Sprint Workout (sprint all of these)

- 4 x 100 UOUO on 1:45 (1:30 if you can make it)
- 4 x 100 OUOU on 1:45 (1:30 if you can make it)
- 6 x 25 Curl Drill on 1:00
- 6 x 25 Kickboard pushes (10 sec rest in between each 25)
- 1 x 100 swim moderate
- Repeat set if you have time

Curl Drill

- Put a puck or other marker at the 1/3 mark (8yards) and another at the 2/3 mark (16 yards).
- Race from the near wall (at surface) to the 2nd mark at 16 m (on bottom)
- Curl 180 degrees and sprint on bottom to the 1st mark at 8m (on bottom)
- Curl 180 degrees and swim at an angle to the far wall underwater.

Kickboard Push

- swim with fins holding a kickboard perpendicular to the water surface (upright) so that you are pushing a lot of water with the board. Push as hard as you can (sprint) for the 25 yards. If it's too easy put more board in the water and hold it so that it's sideways and not upright. More board in the water = more resistance. Imagine that you are pushing against a defender.....

SFUWH Workout 20120419

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

Warm Up (300 yards)

100 swim

100 kick on surface

100 BOGDAT

Workout (2000 yards)

4 x 100 on 2:00

- 25 dolphin kick underwater (sprint)

- 25 kick surface (moderate)

- 50 swim kicking at least 5 kicks off or each wall with a quick dolphin kick (fast)

4 Sets as indicated below:

- 4 x 25 swim on 0:20 (should be about 5 sec rest)

- 1 x 75 swim on 1:15

- 1 x 25 easy

2 Sets as indicated below:

- 4 x 25 swim on 0:20 (should be about 5 sec rest)

- 2 x 50 swim on 0:45 (should be about 5 sec rest)

- 1 x 50 easy

2 x 50 (moderate)

4 x 25 FU sprint on 0:30 (0:25 if you can make it)

100 easy swim down

SFUWH Workout 20120423

Warm Up

100 Swim

100 HUHO

100 HOHU

Workout

1 x 100 HUHO on 1:45

1 x 100 HOHU on 1:45

Do the following 6 Times

4 x 25 Kickboard Sprints on 0:20 (you should try to hit the wall at 15 and have 5s rest)

1 x 50 swim moderate on 2:00 (reduced from 100 in 2:00)

1 x 100 HUHO on 1:45

1 x 100 HOHU on 1:45

8 x 25 FU on 0:30

1 x 100 HUHO on 1:45

1 x 100 HOHU on 1:45

SFUWH Workout 20120426

Warm up

100 swim

100 Bogdat

100 HUHO

100 UOUO

Workout (2000 yards)

4 x 100 kickboard on 2:00

4 x 100 swim on 1:45

4 x 100 HOHU on 1:45

4 x 100 UOUO on 2:00

4 x 100 TOFU on 2;00

SFUWH Workout 20120503

This is standby pyramid set that's better for those who have to swim with others in lanes and where intervals are hard to get in. It will also do fine if you need to cut the last couple sets out for purposes of time. Each set is 400 yards. If you are really pressed for time, just make each set 200 yards instead of 400 for a total of 1400 yards.

Warmup

1 x 400 swim

Main Workout (2800 yards)

8 x 50 uo on 1:00

4 x 100 huho on 1:45

2 x 200 swim on 3:30

1 x 400 huho on 6:30

2 x 200 swim on 3:30

4 x 100 hohu on 1:45

8 x 50 uo on 1:00

SFUWH 20120507 Workout

Warmup

200 swim

100 kick flutter

100 kick dolphin

2 x 100 uouo (nice and relaxed)

Workout

8 x 100 on 1:45 alternate huho/hohu

1 x 100 easy

8 x 100 TOFU on 2:00

2300 yards total

If you have more time:

12 x 25 FU on 0:30

(increase to 0:35 if you are not making the 0:30's)

SFUWH Workout 20120514
The game set again. It replicates a high-level game from beginning to end.
Warm up:
100 swim
100 kick
100 HUHO
100 OUOU
Workout (1800 yards; two 15 minute halves; 3 minute halftime)
200 HOHU on 3:00
100 OUOU on 2:00
200 HUHO on 3:00
100 OUOU on 2:00
200 TOFU on 3:00
100 OUOU on 2:00
3 minutes rest
200 HOHU on 3:00
100 FU on 2:00
200 HUHO on 3:00
100 FU on 2:00
200 TOFU on 3:00
100 FU on 2:00
Cool Down:
150 yards easy

SFUWH Workout 20120521

Warmup

1 x 100 Swim
1 x 50 BOGDAT
2 x 25 HUHO
2 x 25 HOHU
2 x 25 FU Slow as possible

Beep Test

Only one test will be given, so show up on time in order to do it. 7pm sharp. You should do the warm up from 6:45 to 7:00.

Workout

1 x 50 OU on 0:45
Rest 0:30
2 x 50 UO on 0:45
Rest 0:30
4 x 25 FU with curl in the middle on bottom on 0:45
Rest 0:30
2 x 100 TOFU on 1:30
Rest 0:30
1 x 50 FU (no breathing at wall) - Those that want to do more, go for a 75 FU (only with direct supervision)
Rest 0:15
2 x 100 Kick on 2:00 - try to come in under 1:10

SFUWH Workout 20120521

Warmup

1 x 100 Swim
1 x 50 BOGDAT
2 x 25 HUHO
2 x 25 HOHU
2 x 25 FU Slow as possible

Beep Test

Only one test will be given, so show up on time in order to do it. 7pm sharp. You should do the warm up from 6:45 to 7:00.

Workout

1 x 50 OU on 0:45
Rest 0:30
2 x 50 UO on 0:45
Rest 0:30
4 x 25 FU with curl in the middle on bottom on 0:45
Rest 0:30
2 x 100 TOFU on 1:30
Rest 0:30
1 x 50 FU (no breathing at wall) - Those that want to do more, go for a 75 FU (only with direct supervision)
Rest 0:15
2 x 100 Kick on 2:00 - try to come in under 1:10

SFUWH Workout 20120604

Warmup (500 yards)

200 swim

100 Kick only without fins

200 Kick only with fins

100 swim with fins

Workout (1850 Yards and 25 minutes) - Shoot for coming in on about 0:35 for each 50 yards

1 x 50 swim moderate on 0:45

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim moderate on 1:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 150 swim moderate on 2:00

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 200 swim moderate on 3:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 150 swim moderate on 2:00

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim moderate on 1:30

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 50 swim moderate on 0:45

1 x 50 FU hard (quick breath at wall) on 1:00

1 x 100 swim easy

5 x 50 u/o on 0:50

5 x 50 u/o on 0:50

1 x 100 swim easy

SFUWH Workout 20120611

Warmup (800 yards)

200 swim
100 HUHO
200 swim
100 HUHO
100 swim
100 FU

Workout (2250 yards)

4x100@1:45 swim fast
2x200@3:30 kick only
1x400@7:00 swim
2x200@3:30 kick only
4x100@1:45 swim fast

Optional depending on time

Rest 1:00

2x100@2:00 FU (less than 5 breaths at wall between laps)

1x50 Under (no breath at wall)

Cooldown (300 yards)

2x100 swim medium
1x100 swim slow

Pushups

You should try to get the number of pushups to some thing like 100 per day - it's pretty easy in 3 sets of 33 (breakfast, lunch and bedtime). also try to modify the pushup by having a wide arm stance and then a very narrow one. That will target the pecs differently from the triceps.

Situps

The crunches are good, but I'd like to see you incorporate some full situps with your feet under heavy object and your knees bent at about a 30 degree angle. Concentrate using your legs and hip flexors to lift you in concert with the abs. Those thighs and hip flexors are the muscle groups that you use for a lot of heavy kicking, especially under power. Your core is more than abs.

Hips

Try using an elastic band and doing skaters. With one leg planted and an elastic band around your ankles, kick the free leg back at a 45 degree angle in a controlled and deliberate motion. This will start to kill your hips and ass. These muscles stabilize and support your kicks into the water. So 2 sets of 12 for each leg with as much resistance as you need.

Pullups

Do them as much as you can, both hands faced forward and hands faced backwards. This will really help you rip pucks. I'm a fat bastard and can only do reps of 8, 7 and 6. you might do more. It also helps your grip.

Balances

The more you develop your balance on one foot, the more you are using your lower legs and ankles and developing those muscles. Stand on one foot on a pillow or a balance pad for a count of 15 for three times on each leg. If it's too easy, make it harder by doing alternate curls with your arms, playing catch with someone, or rotating your head from side to side.

Squats and lunges

These will both develop the muscles you use when kicking, but also develop the supportive stability muscles. Do them in a proper manner so you don't hurt your back.

Shin killers

To develop that snap at the end of a kick, do some shin killers. Attach a weight (1-5 pounds) to the end of an old fin and put it on your foot with your leg hanging off a high counter. Lift your toes upwards to raise the fin tip and weight. Do 3 sets of 10 for each foot.