

Olympian Workout

A single, 9500 yard workout with modified intervals that has actually been given to Michael Phelps will be posted as a challenge alongside the progressive workouts. It is estimated that the in water portion of this workout would take an Olympic swimmer just around 2 hours to complete.

What is an interval?

There are two ways to determine the pacing of a workout. First and simplest, you can set rest times and specify how hard a certain set is to be swum. This can be seen in the 10 week Gold Medal Plan. Second, you can set intervals. An interval is swimmer specific, and it refers to the total time you have to swim the set and rest before starting the next set. By setting an interval, it can help maintain pacing as you tire throughout a workout.

To calculate your intervals:

After a proper warm-up, time yourself or have someone time you as you swim a 100 freestyle as fast as you can. Intervals can be set for each specific distance, stroke, and drill, but the 100 freestyle will give you a good reference during this Olympian workout.

Record that time in seconds here: **Personal Record (PR):** _____ sec

Round all of the following intervals to the nearest 5 seconds.

Take your PR and add 15 seconds: **I1:** _____ sec

Take your PR and add 35 seconds: **I2:** _____ sec

Take your PR and add 40 seconds: **I3:** _____ sec

Take your PR and add 50 seconds: **I4:** _____ sec

Take your PR and add 60 seconds: **I5:** _____ sec

Take your PR and multiply it by 4: **I6:** _____ sec

Take I6 and add 60 seconds: **I7:** _____ sec

Take I7 and subtract 5 seconds: **I8:** _____ sec

Take I8 and subtract 5 seconds: **I9:** _____ sec

Take I9 and subtract 5 seconds: **I10:** _____ sec

Take I10 and subtract 5 seconds: **I11:** _____ sec

Take I11 and subtract 5 seconds: **I12:** _____ sec

Take I12 and subtract 5 seconds: **I13:** _____ sec

Take I13 and subtract 5 seconds: **I14:** _____ sec

Take I14 and subtract 5 seconds: **I15:** _____ sec

Take I15 and subtract 5 seconds: **I16:** _____ sec

After establishing these, feel free to convert them to minutes and seconds for easier use during a workout. For this specific workout, try and finish each interval so you get 15-30 rest seconds for everything. Remember, unless specified differently, your interval applies between beginning the next set and what you are currently finishing.

Olympian Workout

In-Water Workout (9500 Yards)

- 5 x 100 Freestyle on I3 _____:_____
- 5 x 100 Choice stroke-kick only on I5 _____:_____
- 5 x 100 Individual medley with freestyle in place of butterfly on I2 _____:_____
- 5 x 100 Freestyle-pull only on I3 _____:_____
- 16 x 50 4 of each stroke with 25 scull/25 swim for each one on I1 _____:_____
- 10 x 400 Freestyle on :05 descending intervals
- 1 on I6 _____:_____, 1 on I7 _____:_____, 1 on I8 _____:_____
- 1 on I9 _____:_____, 1 on I10 _____:_____, 1 on I11 _____:_____
- 1 on I12 _____:_____, 1 on I13 _____:_____, 1 on I14 _____:_____
- 1 on I15 _____:_____
- 25 x 100 Freestyle (optional-kick only, but maintain same intervals)
- 1 on I5 _____:_____, 1 on I4 _____:_____, 1 on I3 _____:_____
- 1 on I5 _____:_____, 1 on I4 _____:_____, 2 on I3 _____:_____
- 1 on I5 _____:_____, 1 on I4 _____:_____, 3 on I3 _____:_____
- 1 on I5 _____:_____, 1 on I4 _____:_____, 4 on I3 _____:_____
- 1 on I5 _____:_____, 1 on I4 _____:_____, 5 on I3 _____:_____

200 Swim down

Dry-Land Post In-Water

- 3 Minute wall sit
- 5 x Four corner lunges
- 4 x 10 Pushups
- 3 x 30 V-sits
- 3 x 30 Standing squats
- 4 x :40 Flutter kicks (20 sec rest between each)
- 3 x 15 Squat thrusts