Understanding the Lafayette Masters Workout Sheets and Lane Etiquette

Use this time as a guide to which group (Level) you should swim with. To swim with a particular level you should be able to maintain this pace for 4-500 yards.

Number of times you should repeat the Distance

When doing repeats of a particular distance you should push off for the next rep after the time indicated in this column. The rest you get will be depend on how fast you swam the rep.

Normally there are four Levels with pacing for each ranging from 2:20 to 1:25. This will be adjusted from time to time.

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\					Lafayette Masters Workout			
Focus	IM Stroke			/			/ Tuesday, January 01, 2008	
Pace/100	0:02:00			1	\		▶ Level 2	
	Peds		Distance	7/10	or or send	10% JOEAN	Stroke	
Warm Up	1	х	200	on	0:04:25	200	0 Free Easy	
	10	х	50	on	0:01:20	500	0 Drill your limiter, your choice stroke	
	Rest				0:01:00			
Main Set								
	8	x	25	on	0:00:40	200	0 All Strokes IM Order build each 25	
	3	x	100	on	0:02:10	300	Negative Split each 100 (start first one easy)	
	3	x	100	on	0:02:35	300	0 \ IM	
	3	x	100	on	0:02:10	300	0 Negative Split each 100 (start first one easy)	
	8	x	25	on	0:00:40	200	0 All \$trokes IM Order build each 25	
	6	x	25	on	0:00:40	150	Free Hard, Fully Recover between each rep, (ignore send off)	
Cool Dn	1	х	200	on	0:04:10	200	0 Free	
Total					0:58:20	2350	0	

General Comments about Swimming with others in a Lane.

If you are consistently swimming much faster than the group consider moving up a Level and, conversely move down

It is best to have the fastest swimmer in a lane go first but sometimes, when the set is supposed to be easy put the fast swimmer in the back and make them go slow.

Normally the second and subsequent swimmer should push off 5 sec behind the first. If the lane is very equally matched in speed 10 sec separation may be needed on longer reps.

If you get delayed at the wall wait for the rest of the group to return to you and join in. You should stay in sync with the rest of the swimmers in your lane.

When swimming in "Circles" stay to your right as much as possible until you pass the flags then aim to hit the wall at the center line and pushing off so you angle back out to the lane line.

Passing: Don't do it on short reps, 200 yds or less, seed yourself so that this is not necessary.

If you lap someone on long sets make it obvious you are behind them by touching their toes, perhaps pinching them. Then the person being overtaken should allow that to happen at the next turn.

Describes the stroke you should do for the set and how to perform each rep.