

# Snow Mountain Masters

**A master's swimming team affiliated with United States Master's Swimming (USMS) and the Colorado Master's Swimming Association (COMSA)**

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The workouts here were developed by me and used when I was the head coach of Snow Mountain Masters in Tabernash CO.

**One note:** Snow Mountain Masters uses the AT (anaerobic threshold) swim pace for many of their workouts. This is the maximum pace per 100 yards of swimming that you can maintain for a mile swim or about 30 minutes of continuous swimming if you swim a fast mile. The key here is that, if you swim any faster than this you will become anaerobic and fail to maintain your swim pace over that distance or time. You may know your AT pace already from other swim programs. If you do not, you can determine it, for example, by swimming a constant 1500 yard swim, as fast as you can swim and finish the distance. Then, take the time and divide by 15. That is your AT pace per 100 yards of swimming. If you come from low elevation, add about 5 seconds per 100 until you are adjusted to the high altitude.

# Snow Mountain Masters

## Speed Set -- 4050 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

500 Swim, 100 Pull, 100 Kick, 100 Swim

### **Main Set:**

10 X 100 Swim – odd 100s fast, even 100s EZ

- For the odds, take your fastest ever 100 (at altitude) and add 5 seconds. That's your swim time. Take 30 seconds rest.
- For the evens, swim EZ and take 30 seconds rest

8 X 75 Kick – moderate pace, with 15 seconds rest

10 X 50 Swim – odds fast, evens EZ

- Odds at same swim pace as for 100s. So, if your fast 100 is a 1:30, then your fast 50 is 45 seconds. Take 15 seconds rest
- Swim EZ evens with 15 seconds rest

8 X 75 EZ Pull – breathe every 3<sup>rd</sup> stroke, 15 seconds rest

10 X 25 Swim – odds fast, evens EZ

- Keep odds at same pace as 100s. If your fast 100 is 1:30, then your fast 25 is 22.5 seconds. Take 10 seconds rest.
- Swim EZ evens with 10 seconds rest

### **Cool Down:**

300 EZ Swim or pull

# Snow Mountain Masters

## Speed/Alternate Stroke Set -- 3800 yards (Cut down each component if shorter yards are needed)

### Warm Up:

- ☐ 400 EZ swim, 200 Kick, 200 Pull
- ☐ 4 X 50 Drill or Alternate Stroke
- ☐ 6 X 50 Swim, Descend 1-3, 4-6; numbers 3 & 6 FAST

### Main Set:

- ☐ 6 X 50 FAST swim on 1:30 or 2:00 (swim + rest time) followed by a 200 EZ pull (all of this three times through, for a total of 1500 yards)
- ☐ 4 X 100 Kick (first 100, make first 25 yards hard & the rest EZ; second 100, make second 25 yards hard & the rest EZ; etc.)
- ☐ 6 X 50 Alternate stroke, 30 sec rest

### Cool Down:

300 EZ swim or pull

# Snow Mountain Masters

**Distance Set -- 3900 to 4500 yards**

**(Cut down each component if shorter yards are needed)**

## **Warm Up:**

- ☐ 600 EZ swim
- ☐ 6 X 50 Build

## **Main Set:**

- ☐ 3 X 100 on AT, 15 seconds rest – **NAIL THE TIME!!!**
- ☐ 3 X 600 or 3 X 400 on AT pace per 100, 15 seconds rest between swims
- ☐ 4 X 100 EZ pull, alternate side breathe, 15 seconds rest between 100s
- ☐ 1000 or 600 swim on AT pace

## **Cool Down:**

100 EZ swim or pull

# Snow Mountain Masters

## Speed/Alternate Stroke Set -- 4000 yards (Cut down each component if shorter yards are needed)

### Warm Up:

- ☐ 300 Swim, 200 Kick, 100 Pull – all freestyle
- ☐ 300 Swim, 200 Kick, 100 Pull – all alternate stroke

### Main Set:

- ☐ 3 X 100 Free (50 hard, 50 EZ) followed by 100 alternate stroke. Take 30 seconds rest between each of the 100s. Do this part of the set 5 times for a total of 2000 yards.
- ☐ 5 X 100 Pull, alternate side breathing

### Cool Down:

300 EZ swim

# Snow Mountain Masters

**Distance Set – over 2450 yards**  
**(Cut down each component if shorter yards are needed)**

## **Warm Up:**

- ☐ 20 minutes mix of swim, kick and pull
- ☐ 6 X 50 Build: start slow and finish fast within EACH 50, then repeat 6 times
- ☐ 6 X 25 descend by STROKE COUNT 1 to 3 and 4 to 6

## **Main Set:**

- ☐ 100, 200, 300 Swim, increasing pace. Make the first 100 of your 200 faster than your solo 100 and finish the 200 with that pace. Make the first 200 of your 300 faster than your solo 200 and finish with that pace. 30 Seconds rest between swims.
- ☐ 200 EZ pull, 15 seconds rest
- ☐ 400 Swim, hard pace. Beat your 300 swim time in the first 300 and hold that pace. 60 seconds rest. This should be a pretty fast swim.
- ☐ 200 EZ pull, 15 seconds rest
- ☐ 300, 200, 100 Swim, decreasing pace. Make the solo 200 slower than the first 200 of your 300 swim, etc.

## **Cool Down:**

100 EZ swim

# Snow Mountain Masters

**Alternate Stroke Set -- over 2700 yards**  
**(Cut down each component if shorter yards are needed)**

## **Warm Up:**

20 minutes mix swim, kick and pull

## **Main Set:**

- ☐ 100, 75, 50, 25 Stroke, rest as needed followed by 5 X 50 EZ kick, alternate stroke, short rest. Do this part of the set 4 times through for a total of 2000 yards.
- ☐ 5 X 100 Pull with alternate side breathing

## **Cool Down:**

200 EZ swim

# Snow Mountain Masters

**Distance Set -- 3200 to 4300 yards**  
**(Cut down each component if shorter yards are needed)**

## **Warm Up:**

- ☐ 400 to 600 EZ swim
- ☐ 200 Kick
- ☐ 200 Pull
- ☐ 6 X 50 Build: start slow & finish hard within each 50 & repeat 6 times

## **Main Set:**

Three times through: 400 or 600 swim on AT PLUS 2 or 3 X 100 kick. All are done on short rest. Total yardage is between 1800 and 2700, depending upon choices.

## **Cool Down:**

300 EZ swim or pull



# Snow Mountain Masters

**Distance Set -- 3500 yards**

**(Cut down each component if shorter yards are needed)**

## **Warm Up:**

- 300 Swim, 300 Kick, 300 Pull
- 6 X 50 descend, by stroke count, 1 to 3 and 4 to 6

## **Main Set:**

20 X 100 Swim on AT pace, 10 seconds rest between 100s.

## **Cool Down:**

300 EZ swim or pull

# Snow Mountain Masters

## Distance Set -- 4400 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

- ☐ 300 Swim, 300 Pull, 300 Kick
- ☐ 3 X 100 negative split. That means your second 50 of each 100 is faster than the first 50.

### **Main Set:**

- ☐ 5 X 200 Swim with negative splits. The first 100 is swum on the AT and the second 100 on AT - 5 seconds. Take 30 seconds rest between 100s.
- ☐ 5 X 100 Kick at moderate pace with 15 seconds rest.
- ☐ 5 X 200 Swim with negative splits. Same as first set of 5 200s.
- ☐ 5 X 100 Pull, moderate pace, 15 seconds rest.

### **Cool Down:**

200 EZ swim

# Snow Mountain Masters

## Speed/Alternate Stroke Set -- 3800 yards (Cut down each component if shorter yards are needed)

### Warm Up:

- ☐ 300 Free
- ☐ 4 X 50 Swim, alternate stroke
- ☐ 300 Pull
- ☐ 4 X 50 Kick, alternate stroke
- ☐ 6 X 50 Build

### Main Set:

- ☐ 3 times through: 4 X 50 stroke (FAST) plus 400 free on AT. Take 30 seconds rest between all swims. 1800 yards total.
- ☐ 4 X 100 Kick: 25 fast, 75 EZ. 15 seconds rest between 100s.

### Cool Down:

300 EZ pull

# Snow Mountain Masters

## Distance Set -- 3800 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

400 Swim, 300 Kick, 300 Pull

### **Main Set:**

- ☐ 5 X 100 Swim on AT pace. Take 10 seconds rest between 100s.
- ☐ 1 X 500 Swim on AT pace. Take 30 seconds rest.
- ☐ 5 X 100 Kick. Odd 100s are choice, even 100s are dolphin kick. 15 seconds rest between 100s.
- ☐ 1 X 500 Swim on AT pace. Take 30 seconds rest.
- ☐ 5 X 100 Pull, breathing only to the South. Take 15 seconds rest between 100s.

### **Cool Down:**

300 EZ

# Snow Mountain Masters

## Distance Set -- 3500 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

- ☐ 300 EZ swim, 200 Kick, 200 Pull
- ☐ 6 X 50 Swim, descend by stroke count 1 to 3 and 4 to 6.

### **Main Set:**

- ☐ 5 X 300 Swim. Descend (by time) 1 to 3, swim #4 EZ and #5 ALL OUT. Take 30 seconds rest between swims.
- ☐ 200 EZ pull
- ☐ 5 X 100 Kick: odds are hard, evens are EZ, fins OK. Take 30 seconds rest between 100s

### **Cool Down:**

300 EZ swim

# Snow Mountain Masters

## Distance Set -- 4000 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

- ☐ 400 Swim, 300 Kick, 200 Pull
- ☐ 6 X 50 Swim, descending 1 to 3 and 4 to 6 by stroke count

### **Main Set:**

- ☐ 4 X 100, 2 X 200, 1 X 400 Swim on AT pace. Take 15 seconds rest between swims.
- ☐ 10 X 50 Swim with odds EZ freestyle and evens alternate stroke. Take 15 seconds rest.
- ☐ 10 X 50 Swim, hard swim down (1<sup>st</sup> 25 yards) and EZ swim back. Take 30 seconds rest.
- ☐ 300 Pull, breathing on alternate sides.

### **Cool Down:**

300 EZ swim

# Snow Mountain Masters

## Speed/Alternate Stroke Set -- 4000 yards (Cut down each component if shorter yards are needed)

### Warm Up:

- ┌ 300 Swim, 200 Kick, 100 Pull
- ┌ 6 X 50 Swim, descend (by time) 1 to 3 and 4 to 6
- ┌ 6 X 50 Swim, descend (by stroke count) 1 to 3 and 4 to 6

### Main Set:

- ┌ 10 X 50 Kick: 25 fast, 25 EZ. Take 15 seconds rest.
- ┌ 200 EZ pull
- ┌ 10 X 50 Swim (free): 25 fast, 25 EZ. 15 seconds rest.
- ┌ 200 EZ pull
- ┌ 10 X 50 Swim (alternate stroke): 25 fast, 25 EZ. 15 seconds rest.
- ┌ 200 EZ pull
- ┌ 4 X 100 EZ kicking, short rest.

### Cool Down:

300 EZ swim

# Snow Mountain Masters

## Distance Set -- 3500 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

- ┌ 500 Swim, 300 Pull, 200 Kick
- ┌ 3 X 100 Swim on AT, 5 seconds rest between 100s.

### **Main Set:**

- ┌ 2 X 200 Swim on AT - 5 seconds, 2 minutes rest between 200s.
- ┌ 400 EZ pull
- ┌ 2 X 150 Swim on AT - 5 seconds, 1.5 minutes rest between 150s.
- ┌ 300 EZ pull
- ┌ 2 X 100 Swim on AT - 5 seconds, 1 minute rest between 100s.
- ┌ 200 EZ pull
- ┌ 4 X 100 Kick, odds hard, evens EZ, 30 seconds rest between 100s.

### **Cool Down:**

200 EZ swim



# Snow Mountain Masters

## Speed/Alternate Stroke Set -- 3400 yards (Cut down each component if shorter yards are needed)

### Warm Up:

- ☐ 400 Swim, 200 Kick, 100 Pull
- ☐ 6 X 50 Swim, descend 1 to 3 and 4 to 6 by time

### Main Set:

- ☐ 4 times through: 50 Swim (25 hard, 25 EZ), 50 Swim (25 EZ, 25 hard), 50 Swim (50 EZ), 50 Swim (50 all out). Take 20 seconds rest between 50s. Total of 800 yards here. Take 60 seconds rest between each set of 4 50s.
- ☐ 200 EZ swim or pull
- ☐ 3 times through: 100 Swim (25 alternate stroke, 75 free), 100 Swim (50 alternate stroke, 50 free), 100 swim (75 alternate stroke, 25 free), 100 Swim (all alternate stroke). Take 30 seconds rest between 100s.

### Cool Down:

200 EZ pull

# Snow Mountain Masters

## Distance Set -- 3300 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

- ☐ 300 Swim, 200 Pull, 100 Kick
- ☐ 6 X 50 Swim, descend (by stroke count) 1 to 3 and 4 to 6.

### **Main Set:**

- ☐ 4 X 100, 3 X 200, 2 X 300, 1 X 400 Swims, all on AT pace with 30 seconds rest between swims.
- ☐ 4 X 50 Pull, breathe every 2, 3, 5, 2 strokes, by 50s.
- ☐ 200 EZ swim
- ☐ 4 X 50 Kick, moderate pace, 15 seconds rest between 50s.

### **Cool Down:**

200 EZ pull

# Snow Mountain Masters

## Speed/Alternate Stroke Set -- 4000 yards (Cut down each component if shorter yards are needed)

### Warm Up:

- ┌ 400 Swim (200 free, 100 back, 100 breast)
- ┌ 200 Kick (100 flutter, 50 back, 50 breast)
- ┌ 200 Pull (100 free, 50 back, 50 breast)

### Main Set:

- ┌ 6 X 100 Breast (substitute IM or free). Emphasize distance per stroke. Make your swimming long and strong. Take 15 seconds rest between 100s.
- ┌ 8 X 25 Breast (or free), FAST. Take 15 seconds rest.
- ┌ 6 X 100 Back (substitute IM or free). This is moderate paced swimming, a bit faster than the first set. Take 15 seconds rest between 100s.
- ┌ 8 X 25 Back (or free), FAST. Take 15 seconds rest.
- ┌ 6 X 100 Free on your AT pace. Take 15 seconds rest between 100s.
- ┌ 8 X 25 Free, FAST. Take 15 seconds rest.
- ┌ 10 X 50 Free at steady pace, but SLOWER than your AT pace. Take 10 seconds rest between.

### Cool Down:

300 EZ pull

# Snow Mountain Masters

## Distance Set -- 3800 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

- ┌ 400 Swim, 300 Kick, 200 Pull
- ┌ 4 X 25 Swim, emphasize distance per stroke. Try to minimize stroke count per length

### **Main Set:**

- ┌ 4 X 150 Swim on AT + 5 seconds pace; 15 seconds rest between swims
- ┌ 100 Pull
- ┌ 4 X 150 Swim on AT pace; 15 seconds rest between swims
- ┌ 100 Pull
- ┌ 4 X 150 Swim on AT - 5 seconds pace; 15 seconds rest between swims
- ┌ 100 Pull
- ┌ 4 X 100 Kick, odds hard, evens EZ; 30 seconds rest between kicks

### **Cool Down:**

300 EZ pull or swim

# Snow Mountain Masters

## Speed Set -- 4000 yards

**(Cut down each component if shorter yards are needed)**

### **Warm Up:**

- ☐ 500 EZ Swim, 200 Kick, 100 Pull
- ☐ 6 X 50 Build (within EACH 50, then repeat 6 times)
- ☐ 4 X 25 BLAST (Push off hard, swim 4-6 strokes ALL OUT, then finish EZ)

### **Main Set:**

- ☐ Four times through: 6 X 50 on your FASTEST 300 swim pace with 10 seconds rest between swims, followed by a 100 EZ pull. Here you need to know your fastest possible 300 yard swim time and divide it by 6 to get your swim pace for each 50. This is really a set of 4 broken ALL OUT 300s.
- ☐ 5 X 100 Kick, odds EZ, evens FAST. Take 20 seconds rest between 100s

### **Cool Down:**

300 EZ swim or pull

# Snow Mountain Masters

## Distance Set -- 4500 yards

(Cut down each component if shorter yards are needed)

### Warm Up:

- ☐ 300 EZ Swim, 300 Kick, 300 Pull
- ☐ 6 X 50 Swim, descend by stroke count 1 to 3 and 4 to 6

### Main Set:

- ☐ 10 X 100 Swim on AT pace with 10 seconds rest between swims
- ☐ 100 EZ Pull
- ☐ 2 X 400 Swim on AT pace with 30 seconds rest between swims
- ☐ 100 EZ Pull
- ☐ 1 X 1000 Swim on AT pace

### Cool Down:

300 EZ swim or pull