

**The MPSS 16-week Work-out Routine,
plus Additional Challenges**

Week 1

Focus: breathing (blowing out through the nose), buoyancy, balance (keeping body aligned and head pressed into water during roll), front quad

Week 1: Day 1 (coach directed)

Don't be in a hurry to swim great distances. Slow down to relax, relearn, review!

Warm-up

4x25 S CH R :30 max
20 Bobs
:15 VK } x4
R :15 }
(100)

Main set

25 FB w/K R :20-:30
25 BB w/K R :20-:30
2x25 BBR R :20-:30
2x25 SGB right R :20-:30
2x25 SGB left R :20-:30
4x25 3&G R :20-:30
2x25 5&G R :20-:30
(350)

Plus (optional)

25 FR R :20-:30
25 Handswap drill R :20-:30 } x2 or x4

25 FR R :20-:30
25 BA SLK R :20-:30 } x1 or x2

Cool down

4x25 CH
(100)

TOTAL (including warm up, main set, and cool down) = 550 (+ optional)

Michael Phelps Swim School

Meadowbrook Aquatic and Fitness Center | 5700 Cottonworth Ave. Baltimore, MD 21209

P (410) 433-8300; F (410)-433-0953

info@mpswimschool.com; www.mpswimschool.com

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3-1-11

**The MPSS 16-week Work-out Routine,
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Week 1: Day 2 (self guided)

Warm-up

25 FB w/K R :20-:30
25 BB w/K R :20-:30
2x25 BBR R :20-:30
2x25 SGB right R :20-:30
2x25 SGB left R :20-:30
4x25 3&G R :20-:30
2x25 5&G R :20-:30
(350)

Main set

4x25 FR R :20] x2
(200)

Cool down

4x25 CH
(100)

TOTAL = 650

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**The MPSS 16-week Work-out Routine,
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Week 1: Day 3 (self guided)

Warm-up

25 FB w/K R :20-:30
25 BB w/K R :20-:30
2x25 BBR R :20-:30
2x25 SGB right R :20-:30
2x25 SGB left R :20-:30
4x25 3&G R :20-:30
2x25 5&G R :20-:30
(350)

Main set

25 K or CH } x3 R :30
25 FR }

R 1:00

2x25 FR moderate → fast R :30
50 FR R :45
(250)

Cool down

4x25 CH
(100)

TOTAL = 850

**The MPSS 16-week Work-out Routine,
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Week 1: Day 4 (self guided)

Warm-up

25 FB w/K R :20-:30
25 BB w/K R :20-:30
2x25 BBR R :20-:30
2x25 SGB right R :20-:30
2x25 SGB left R :20-:30
4x25 3&G R :20-:30
2x25 5&G R :20-:30
2x50 F R :45] 2x

R 1:00
(450)

Main set

FR ladder:
25 3&G R :20
50 (25 FR, 25 3&G) R :30
75 (25 FR, 25 3&G, 25 FR) R :45
50 FR R:30
25 K R: 25
25 CH
(250)

Cool down

4x25 CH
(100)

TOTAL = 800