



[Home](#)

[Swimmers](#)

[Coaches](#)

[Volunteers](#)

[Swim Clubs](#)

[Parents](#)

[Shopp](#)

[Back](#)

Selected Workouts for Michael Phelps - Bob Bowman (North Baltimore Aquatic Club)

THURSDAY OCTOBER 19, 2000

3:45 PM (SCY)

(No AM Practice)

5x100FRon1:20

5 x 100 K on 1:40 (choice)

5 X 100 FRIM on 1:25

5 x 100 PB on 1:20 (51")

16 x 50 on :55 (25 scull/25 swim 4 of each) (2,800)

10 x 400 FR (Start on 4:45 and descend interval :05 each swim)

INT (MP RESULTS)

4:45 (4:15)

4:40 (4:05)

4:35 (4:05)

4:30 (4:00)

4:25 (3:55)

4:20 (3:50)

4:15 (3:45)

4:10 (3:44)

4:05 (3:45)

4:00 (3:40.0) (1:50.6/1:49.4)

(4,000)

25 x100FRK

1 on 1:40, 1 on 1:30, 1 on 1:20 (1:10)

1 on 1:40, 1 on 1:30, 2 on 1:20 (1:10,1:10)

1 on 1:40, 1 on 1:30, 3 on 1:20 (1:09,1:09,1:09)

1 on 1:40, 1 on 1:30, 4 on 1:20 (1:09,1:08,1:08,1:08)

1 on 1:40, 1 on 1:30, 5 on 1:20 (1:08,1:07,1:07,1:06,1:03.4)(2,500)

200 SW DN

9,500 SCY

POST PRACTICE

Wall sit 3 min

5 x 4 corner lunges

3 x 8 assisted pull-ups (last set 5 sec. negatives)

3 x swiss ball bridge + 5 pushups
4 x 10 push-ups (form!)
3 X 30 v-sits
3 x 30 standing squats
3 x 10 leg extensions with ball
4 x :40 flutter kicks (20 sec. rest)
3 x 15 squat thrusts

MONDAY DECEMBER 18, 2000

6:30 AM (SCY)

[100 FR - 100 SIDE K - 100 PB(5T") - 100 IM DR] X 4
8 X 50 FR (4 on :40, 4 on :35)
(2,000)
PB,PAD,BAND 4 x 200 on 2:30
3x200on2:25
2 x 200 on 2:20
1x200on2:15
200 EZ
(2, 200)

400 (25 SIDE K/25 STR K) + 10 x [:40 VERTICAL K FLY(10 Ibs)/ :20 REST)
(400)

FINS 20 x 50 on 1:00 (25 FAST/ 25 EZ) 5 OF EACH (1,000)

5,600scy

3:45 PM (SCY)

500 FR on 6:30 / 6 x 100 K on 1:30 / 500 P13 on 6:30 / 16 x 50 on
:45 (4 OF EACH) (2,400)

MP RESULTS

4 x 200 BA on 2:40 (2:15, 2:10, 2:10, 2:05)
4 x 200 BRST on 3:00 (2:25, 2:22, 2:20, 2:18)
3 x 200 BA on 2:35 (2:05, 2:05, 2:02)
3 x 200 BRST on 2:55 (2:18, 2:18, 2:15)
2 x 200 BA on 2:30 (2:00, 2:00)
2 x 200 BRST on 2:50 (2:14, 2:18)
1 x 200 BA on 2:25 (1:55.8)
1 x 200 BRST on 2:45 (2:12.0) (4,000)
FINS 800 (50 K / 50 SW) (800)
15 x100K (1500)
3x[1:40/1:35/1:30/1:25/1:201
(MP did FL on board and averaged 1:12(fastest 1:02.6))
300 SW DN (300)
9,000 SCY

POST PRACTICE

3 x 10 puff-ups
4 x 10 pushups
2 x 30 swiss ball squats
10 x 4 corner lunges
6 x 6 squat jumps on :20
100 partner sit-ups
50 med ball situps

TUESDAY DECEMBER 19, 2000

3:45 PM (SCY) (NO AM PRACTICE)

3 X [200 FR on 2:40/ 200 IM on 2:45 I 200 K on 3:15 I 200 STR DR on 3:00] (2,400)

MP RESULTS

2x100on1:2050FR/50 FL

1 x 200 on 2:30 FRIM

1 x 300 on 4:00 FL (3:03,3:01)

1 x 200 on 2:30 FR

1 x 300 on 4:15 100BA I 100 BRST I 100 FR

1 x 200 on 2:40 FL (1:57, 1:56.4)

1 x 300 on 3:45 FR

1 x 400 on 5:15 FRIM

3 x 100 on 1:30 FL (59,57,56.1)

1 x 200 on 2:40 FR (57.5,55.0,54.0)

(2 TIMES THROUGH)

(5,200)

24x50K

2 on :55 MODERATE

1 on :45 FAST (MP did BA averaging :30 (fastest 27.5)) (1,200)

200 SW DN

9,000 SCY

POST PRACTICE

Mod ball / Abdominal Circuit

3 x :30 chest pass

:30 behind head pass

:30 right to right pass

:30 left to left pass

3 x 1:00 wall sit

1:00 leg curls

1:00 crunches

1:00 v-sits

REPEAT 2 TIMES = 40 minutes

SATURDAY FEBRUARY 24, 2001

AM (SCY)

800 (100 FR / 100 IM) on 11:00

600 K (50 FR / 50 STR) on 9:30

400 P13 (LB by 100) on 5:00

12 x 50 (25 FR / 25 FL) on :45 (2,400)

Stroke Control Set

10 x 50 FL on :45 (averaged 30.5)

5 x 50 FL on :35 (averaged 28.0)

10 x 50 FL on :45 (averaged 30.2)

5 x 50 FL on :35 (averaged 28.0)

10 x 50 FL on :45 (averaged 30.3)

5 x 50 FL on :35 (27.4, 27.7, 27.9, 27.1, 26.6) (2,250)

3 x 400(100 IM DRILLS) on 6:00

4 x 100 FR on 1:10 (HOLD 1:00) (2,400)

7,050 SCY

POST PRACTICE

Mod ball Circuit

Repeat 3 Times (:30 exercise / :15 rest)

chest pass* behind head pass* right to right* left to left* between legs front squat throw jump pass bounce pass

***round 1= standing / round 2 = kneeling / round 3 = seated feet up**

18 minutes

MONDAY MARCH 5, 2001

3:45 PM (NO AM PRACTICE)

Warm up SCY

1200 = 100 FR (breathe 25 R / 25 L)

100 BA (25 R / 25 L)

100 IM (FL-BA-BRST-FL)

8 x 100 K on 1:40 (2= 50 FL / 50 BA)

(2= 50 BA / 50 BRST)

(2= 50 BRST / 50 FR)

(2 = 50 FR / 50 FL)

8 x 50 on :45 (2 of each reverse order) (2,400)

Quality Set LCM

MP RESULTS 3 x 100 on 1:30 (50 FR mod / 50 FL @ 400 IM speed)

(29.0,29.0,29.0) 3 x 200 on 3:00 (50 FR/50 FL + 100 BA @ IM speed)

(1:04.0, 1:04.4, 1:04.0) 3 x 300 on 4:30 (50FR/50FU100BA + 100

BRST) (1:18.0, 1:16.8, 1:15.8) 3 x 400 on 6:00

(50FR/50FU100BA/100BRST + 100 FR) (58.5,58.0,56.9)

(3,000)

SCY

4 x 400 PB, PAD, BAND on 5:00 (DESC 1-4.) last 400 = 3:46

24 x 25 on :30 (3-2-1-0 breaths per 25) (2,200)

7,600 SCY/LCM

POST PRACTICE

3 x 8 pull-ups

3 x 25 push-ups [10 in / 10 out / 5 clap]

2 x 15 dips

2 x 15 ab roller

2 x 20 swiss ball squats

6 x 5 squat jumps on :20 sec

5 x 4 corner lunges

FRIDAY MARCH 23, 2001 (6 days from first swim in Austin)

7:00 AM (SCY)

4 x [100 FR / 100 SIDE K / 100 PS / 100 DR (I each)]

8 x 100 PB,BAND on 1:15 (4 = Lungbuster, 4 = descend)

8x50DRon 1:00(4=BA/4=BRST)

8 x 25 UNDER WATER on :45

3,000 SCY

3:45 PM (LCM)

600 MIXER

400 K

200 PB (LB)

200 IM DR

4 X 100 FR on 1:30 (descend) 1:02.2, 1:02.0, 1:00.5, 57.5(28.9/28.6)

200 IM DR

12 x 50 (3 of each) desc 1-3 extra :30 rest after 3

3-FL on 1:00 (27.4)

3-13A on 1:00 (28.5)

3-BRST on 1:10 (35.1)

3-FR on 1:00 (26.3)

400 SW DN
3,000 LCM
POST PRACTICE
3 X [10 push-ups / 10 squats / 10 lunges / 5 squat jumps]
2x10abroller 200 choice abdominals stretching + hot tub

[Back](#)



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