

Workouts Written By Jon Urbanchek

May 28, 2001 AM

Distance Group

DATE	May 28th AM		TEAM	U of Mich	GROUP	Dist
Rep	Dist	Int	DESCRIPTION	En Cat	S/K or P	Set Total
1	X1800	on	600 fr/600 150 IM's 600 (by 100) pause/catch up speedplay		S	MIX 1800
-						
4	X100	on 1:40	50 ea fl/bk		S	MIX 400
4	X100	on 1:40	50 ea br/fr		S	MIX 400
-						
4	X200	on 3:00	fin k/s 100/100 sm/6 beat		K/S	MIX 800
4	X150	on 2:00	fin k/s 50/100 sm/6 beat		K/S	MIX 600
4	X100	on 1:30	fin k/s 50/50 sm/6 beat		K/S	MIX 400
-						
8	X100	on 1:20	Hypoxic 3/5 50's		P	FR 800
4	X200	on 2:45	Hypoxic 3/5 100's		P	FR 800
2	X800	on 9:30	Neg/split 400's		P	FR 1600
-						
8	X50	on :50	casual recovery		S	FR 400
WORKOUT TOTAL						8000

Mid Distance - 1

DATEMay 28th AM			TEAM	U of Mich	GROUPfr/bk		
Rep	Dist	Int	DESCRIPTION	En Cat	S/K or P	Stk	Set Total
1	X1600	on	600fr/400im/300fr/200ch/100fr		S	MIX	1600
12	X50	on1:00	one build to fast one by 3rds f/ez/fast		S	MIX	600
3	X200	on3:30	fin's		K	MIX	600
6	X100	on2:00	#1 stroke best ave		K	MIX	600
2	X300	on4:00/4:20	Hypoxic 3/5/7 100's Tech		P	MIX	600
8	X100	on1:20/1:30			P	STK	800
4	X200	on2:40/3:00			P	STK	800

Jon Urbanchek Workouts

Dave Salo, Scott A. Riewald

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Jon Urbanchek Workouts:

Complete Conditioning for Swimming Dave Salo, Scott A. Riewald, 2008 Outlines a comprehensive training program for swimmers covering warming up cooling down training for specific strokes building endurance core stability developing explosive power enhancing flexibility preventing and coping with injury nutrition hydration and strength conditioning

The Michigan Alumnus, 1994 In volumes 1-8 the final number consists of the Commencement annual *Amazing Pace* Paul McMullen, 2006-08-08 A vibrant portrait of American swimmer Michael Phelps the dominant athlete at the 2004 Olympics who has relentlessly pushed himself promoted his sport and appears poised to ultimately accumulate the most gold medals in Olympic history Before he was old enough to have a driver's license Michael Phelps had a world record Before he ever took a college class or turned 20 he had earned distinction by winning 8 medals 6 gold and 2 bronze at the Athens Olympics the most in non-boycotted Games Along the way he captivated an American television audience and confounded the critics who questioned his ambition *Amazing Pace* provides the most revealing look yet at a young man who became a world class athlete before he had the chance to grow up by respected Baltimore Sun journalist Paul McMullen who followed Phelps's rise from an obscure 14 year old to the most scrutinized competitor at the world's biggest sporting event details the plotting of his career from turning professional at age 16 to the management of the first crises he encountered Paul McMullen's 5 years of observation add dramatic context to the life of a young athlete whose rise to prominence coincided with the tumult of the first Summer Olympics after 9-11 No Olympian has ever earned 10 gold medals in a career but Michael Phelps is on pace to achieve that milestone at the 2008 Games in Beijing China *By a Fraction of a Second* Lois Ruskai Melina, 2000 The top swimmers at the U.S. Olympic Trials all have talent desire determination and years of hard work behind them Only two in each event make the Olympic swim team What makes the difference when the top eight finalists leave the blocks to go for those top two spots Paths to the Olympics Marc Parrish, 1997 *The 100 Greatest Swimmers in History* John Lohn, 2018-08-24 In *The 100 Greatest Swimmers in History* John Lohn profiles some of the biggest names the sport has ever seen from Mark Spitz and Tracy Caulkins to Katie Ledecky and Michael Phelps Each swimmer is ranked based on achievements such as Olympic medals world and European championships and world records Lohn provides insight into how these swimmers became the best in their sport by detailing their accomplishments finest performances records and noteworthy biographical information This new updated edition contains results from the two most recent World Championships and the 2016 Olympic Games and while many athletes further cemented their top 100 status some newcomers also made their way into the rankings including Katie Ledecky who launched herself high up the list with her dominating performances *The 100 Greatest Swimmers in History* also features a new section highlighting the top coaches in the sport and includes multiple appendixes that serve as wonderful references for information such as world and Olympic medal counts of the profiled swimmers Fans coaches athletes and sport historians alike will find this an indispensable

resource *They Ruled the Pool* John Lohn,2013-03-22 Competitive swimming is one of only five sports to have been contested at every Olympic Games since the first competition of the modern era was held in 1896 While only a handful of swimming events took place that year the sport has grown considerably since then at the 2012 Olympic Games in London there were 16 swimming events on the schedule for both men and women The growth of competitive swimming has given athletes the opportunity to push the limits in the pool and for more than a century countless swimmers have done just that proving their worth to be considered one of the best They Ruled the Pool looks at the careers of the 100 greatest swimmers in history profiling some of the biggest names the sport has seen from Mark Spitz and Tracy Caulkins to Janet Evans and Michael Phelps Each swimmer is ranked based on achievements such as Olympic medals world and European championships and world records Chapters include biographical information accomplishments records finest performances and insight into how the swimmer became one of the best in the sport Thoroughly researched and compiled They Ruled the Pool also contains appendixes that serve as quick reference tools for those wanting to see world and Olympic medal counts of the profiled swimmers Fans coaches athletes and researchers alike will find this an indispensable resource **The Olympian** ,1996
 Swimming World and Junior Swimmer ,1993 **The New Science of Swimming** James E. Counsilman,Brian E. Counsilman,1994 Basic book and reference on the science of swimming by the father of modern competitive swimming

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