

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

Michael Silver, Natalie Coughlin



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

Golden Girl Michael Silver, Natalie Coughlin, 2006-04-18 The story of Natalie Coughlin's remarkable battle back from injury and burnout to become America's Golden Girl a two time Olympic Gold Medal winner in swimming and the most decorated female athlete at the 2004 Olympics Five years ago Natalie Coughlin's promising swimming career was all but extinguished when a devastating shoulder injury ended her dreams for the 2000 Olympics After becoming at age 15 the first person ever to qualify for all 14 women's events at the U S Nationals she seemed destined to follow the path of so many other young swimming stars devoured by an oppressive training schedule In *Golden Girl* Sports Illustrated's Michael Silver coauthor of many bestselling sports memoirs including Dennis Rodman's Kurt Warner's and Jerry Rice's tells the story of Natalie's remarkable journey back from the brink With complete access to her family friends coaches teammates and adversaries Silver details how she made the crucial choice to train with University of California coach Teri McKeever Together the two star and coach have defied long standing training methods forcing the swimming community to rethink the ways in which it treats its talent An inspirational story of a complex and courageous young athlete *Golden Girl* is also a fascinating portrait of the fractious world of competitive swimming

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

Paths to the Olympics Marc Parrish, 1997 *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 *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

The Olympian ,1996 **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 **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 **Men's Fitness Magazine** John Lipsey,2009 173 exercises demonstrated in detail Complete Guide to Home Workouts ,2021 **Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home** Andy Petranek,Roy Wallack,2013-07-30 Fire Your Gym Simplified High Intensity Workouts You Can Do At Home by Andy Petranek and Roy Wallack Challenging High Intensity Workouts That Make You Incredibly Strong and Fast Had it with the relentless pace fatigue and sore muscles of Body Beast and P90X Tired of driving to the gym every day or paying a trainer Or do you want a break from your tedious workout routine Dive into Fire Your Gym and you will find a

challenging exciting time saving fun and smart program that delivers striking gains in muscle size and strength running speed and endurance fat loss and all round peak fitness developed by two top authorities in the fitness world Best of all it leaves you with a simple highly motivating workout system that ll keep you super fit for life right from your own home Andy Petranek founder of one of the world s most successful CrossFit gyms and Los Angeles Times fitness columnist Roy M Wallack have created a unique science based program that blends high intensity strength training intervals and low intensity recovery cardio Brutally effective without beating you up it is simply the best way to get the best results *30 Minute TV Workout* Jonathan Blau,2012-08-01 A collection of exercises that are all designed to be done at home while watching TV The exercises are organized into resistance flexibility and aerobic workouts **Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home** Andy Petranek,Roy Wallack,2013-07-30 Fire Your Gym Simplified High Intensity Workouts You Can Do At Home by Andy Petranek and Roy Wallack Challenging High Intensity Workouts That Make You Incredibly Strong and Fast Had it with the relentless pace fatigue and sore muscles of Body Beast and P90X Tired of driving to the gym every day or paying a trainer Or do you want a break from your tedious workout routine Dive into Fire Your Gym and you will find a challenging exciting time saving fun and smart program that delivers striking gains in muscle size and strength running speed and endurance fat loss and all round peak fitness developed by two top authorities in the fitness world Best of all it leaves you with a simple highly motivating workout system that ll keep you super fit for life right from your own home Andy Petranek founder of one of the world s most successful CrossFit gyms and Los Angeles Times fitness columnist Roy M Wallack have created a unique science based program that blends high intensity strength training intervals and low intensity recovery cardio Brutally effective without beating you up it is simply the best way to get the best results Dr. Jordan Metzl's Workout Prescription Jordan Metzl,Mike Zimmerman,2016-12-13 Dr Jordan Metzl s Workout Prescription is a compressed workout guide designed for busy professionals in today s world who have little time for fitness and want to maximize results In this book Dr Jordan Metzl explains the science of the compressed high intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime anywhere using minimal equipment This book also guides you through topics like motivation goals and the importance of proper recovery Dr Metzl s high intensity workout combined with a scientifically designed and periodized training schedule delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women children and adults **The Swim Coaching Bible Volume I** Dick Hannula,Nort Thornton,2001-07-02 The Swim Coaching Bible offers you an all star international cast of swimming experts sharing their knowledge on producing the most successful individual athletes and teams in the sport This book is sure to be a classic one that swimming coaches reach for again and again Specifically The Swim Coaching Bible covers the key principles of coaching and program administration conducting effective practice sessions teaching techniques for every stroke and training programs for every event Endorsed by the World Swimming

Coaches Association the book shares the wisdom of the world's best coaches who address the topics they know best Contributors include Richard Quick Believing in Belief Jean Freeman Putting Fun Into the Swimming Experience Peter Daland Coaching With Integrity John Leonard Tailoring Your Approach to Specific Competition Levels Jack Bauerle Administering and Marketing a Winning Program Skip Kenney Developing a Successful Team Bill Sweetenham Maximizing a Swimmer's Talent Development Jill Sterkel Long and Short Range Planning Bruce R Mason Putting Science Into Practice Deryk Snelling Applying the Art of Coaching Rick DeMont Freestyle Technique Dick Hannula Backstroke Technique Pablo Morales Butterfly Technique David Salo Breaststroke Technique John Trembley and Gary Fielder Starts Turns and Finishes Michael Bottom Freestyle Sprint Training Doug Frost Freestyle Middle Distance Training Dick Jochums Freestyle Distance Training Eddie Reese Backstroke and Butterfly Sprint Training Bill Rose Backstroke and Butterfly 200 Meter Training Jon Urbanchek Breaststroke Training Dick Shoulberg Individual Medley Training David Marsh Relay Training Randy Reese Power Training Don Gambril Preparing to Excel in Competition This is without question the most prolific and authoritative group ever assembled in a single swimming book The Swim Coaching Bible is a book that will be treasured for many years to come

Power of 10 Adam Zickerman, 2003-12-23 Fitness expert Adam Zickerman presents a revolutionary exercise program slow strength training that will forever change the way people work out The Power of 10 seems to contradict nearly everything we're accustomed to hearing about exercise Forget hours on the treadmill and forget daily visits to the gym This new program offers 20 minute workout sessions once or twice per week with an alluring emphasis on rest and recovery on your days off The principle behind The Power of 10 is simple by lifting weights in slow motion making each rep last 20 seconds 10 seconds lifting and 10 seconds lowering instead of the typical 7 seconds you can maximize muscle transformation The short workouts are so effective that your body will need days to recover and repair properly Studies have shown that such routines can increase lean body mass help burn calories more efficiently and prevent cardiovascular disease more effectively than aerobic exercise alone

Workout Illustrated Kevin John Franklin, 2011 *Home Workouts* A. G. Scott, 2020-10-12 How to tone and sculpt your body even if you hate cardio or have never stepped inside a gym and don't plan on doing so At one point or another we've all told ourselves I'm going to sign up for a gym membership and really do it this time or I swear I'll do my workout later on tonight We all know the benefits of exercise It improves our physical and mental health gives us more energy and boosts our self image So why is it so hard to start an exercise regimen and even harder to stick to it Despite our best intentions life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier Whatever the reason continuing to live a sedentary lifestyle isn't doing you any favors In fact physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain cardiovascular disease and other chronic conditions Does this mean that you have to make drastic lifestyle changes to start improving your health mentally and physically Or that you need to give up time doing what you love just so you can spend hours in the gym Not at

all I ll let you in on a secret that the fitness industry doesn t want you to know You don t need fancy equipment or expensive trainers to sculpt the body that up until now you ve only imagined A G Scott knows firsthand the amazing results that can be achieved with home workouts and so he has put together the only exercise guide you ll ever need In Home Workouts Anyone Anytime Anywhere you will discover The six key elements every workout must have in order to make the most of your time and effort and how they will have you seeing results sooner than you would believe Exercises for every muscle group and fitness level with clear comprehensive instructions diagrams and variations so you re working your target areas every time The 1 upper body workout that will rapidly build your overall strength hint small adjustments make big changes How this engaging training method can help you burn more calories than traditional cardio and continue to burn calories even after your workout is finished The numerous benefits of dynamic stretching and how that one simple habit not only warms up your muscles but also improves your balance and coordination over time Meal plans that can be adapted for any lifestyle so you can create a plan that meets your personal needs and preferences The most common mistakes people make without realising and how these can hold you back from achieving incredible results And much more With the demands and responsibilities of everyday life you shouldn t have to sacrifice precious hours every week going to the gym to build the body you ve always wanted The key to transforming your life is having a workout routine that works for you not against you This is a plan that will adjust to match your needs and experience no matter where you are It s time to leave the costly gym membership behind save money and allow yourself more time to enjoy life If you start today think how much better you will look and feel in a month If you want to start looking forward to exercise and commit to achieving the body of your dreams no strings attached then scroll up and click the Add to Cart button right now

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