



**Triathlon Swim Set #3**  
**Speed + Endurance – Single Repetitions**

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**SWIM ORIENTATION**

Sets will consist of 3 elements:

1. Skills and drills to set your good form
2. Repetition of single-distance interval sets to gauge speed + endurance
3. Reclaiming good form when you are tired

**GOAL: Speed + Endurance Sets – Noting how many repeats you can do at a specific time interval**

Warm -up:

**200 yds** (8 laps) easy swimming, clearing your head and organizing your goggles.

**100 Pull Set** – use buoy, set strong arm pull and body rotation, add core and glute strength.

**200 Drills:** Your choice based on your purpose/limiters

Catch-up, Finger-tip Drag Drills, Side Swimming with extended arm balance (9-3-9s).

\*\*PULL = freestyle swim using buoy. Use only arms and core, hence it is called a pull

\*\*SWIM = freestyle swim nice and easy refocusing mind and body on good form and a skill or 2!

\*\* RI = Rest Interval (the amount of time you rest between efforts or drills)

\*\* BASE = the amount of time you have to do the swim **and** rest

**NOTES:** For the repetition sets, go only the number of intervals you can manage during your established base time. Base times below are for reference only. Your times will vary depending upon your fitness.

**Example:** If a challenging but doable base time for your 50yd swim is 1:00 (1 minute), do as many 50s as you can on 1 minute base. If and when you drop off the 1 minute base, take a 1 minute rest and continue until you meet the repetition goal.

**1700 yd Swim**

**3000 yd Swim**

500 warm-up + skills as outlined above	500 warm-up + skills as outlined above
5x50 on 1:30 base	10x100 on 2:00, 2:30 or 3:00 base
Swim 50	Swim 100
Pull 100	Pull 200
	Swim 100
RI 1:00	RI 2:00
5x100 on 2:30 – 3:00 base	10x50 on 1:00, 1:15 or 1:30 base
Swim 50	Swim 50
Pull 100	Pull 100
	Swim 50
RI 1:00	RI 1:00
Cool Down Pull 50, Swim 50, Pull 50 Play!	Cool Down Pull 200, Swim 100, Pull 100 Play!