



**Triathlon Swim Set #4**  
**Endurance Intervals - Pull Focus**  
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**SWIM ORIENTATION**

Sets will consist of 3 elements:

1. Skills and drills to set your good form
2. Longer interval sets at low-to-moderate intensity depending upon your swim level
3. Aiming for consistency of interval times for multiple attempts

**GOAL:** *Endurance + Strength – focus on strong, consistent power over longer intervals*

Warm -up:

**100 - 200 yds** easy swimming, clearing your head and organizing your goggles.

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

Catch-up, Finger-tip Drag, Hip Flick (arm extension at end of stroke), Head-up swim  
 Single Arm Drills, Fist Drills, Ankle Pull (buoy between ankles rather than thighs!)

**100 or 200 Pull Set** – use buoy, set strong arm pull and body rotation, add core and glute strength.

\*\*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:** Choose a base interval that will allow you to hold your swim interval as consistent as possible.

**Example:** If your best 100yd time is 2:00, but your easy 100yd time is 2:15, choose a base time of 2:30 but aim for 2:10 or less for each timed interval. Longer rest, but more consistent swimming.

**BUOY USE:** You are welcome to alternate your buoy use for the 100-400 sets. Use discretion!

**2000 yd Swim**

**3500 yd Swim**

300 warm-up + skills as outlined above	600 warm-up + skills as outlined above
4x100 on 2:30 base *2 pull, 2 swim	5x100 on 2:00-3:00 base (RI :15) *3 swim, 2 pull
Pull 100	Pull 200
RI 1:00	RI 1:00
2x200 on 5:00 base * 1 pull, 1 swim	3x200 on 4:30-6:30 base (RI :30) *2 swim, 1 pull
Pull 100	Pull 200
RI 1:00	RI 1:00
1x400 *alternate the pull/swim on the 100s	2x400 (RI 1:00) *1 pull, 1 swim
Pull 100	Pull 200
RI 1:00	RI 1:00
Cool Down Swim/Pull 200 Play!	Cool Down Swim/Pull 400 Play!