



Triathlon Swim Set #5
Steady-State Intervals
 Martha Szufnarowski, Founder & Coach
 TriLaVie & Swim Velocity
 USAT Certified Triathlon Coach
 Level II US Masters Swimming/ASCA Coach



SWIM ORIENTATION

Sets will consist of 3 elements:

1. Skills and drills to set your good form
2. Longer interval sets at moderate intensity and continuous speeds
3. Learning to deal with the boredom that comes with repeated, long intervals!

GOAL: *Endurance at a consistent pace that is challenging and repeatable. Volume focused!*

Warm -up:

50 yds easy swimming, clearing your head and organizing your goggles.

200 (4x50yds): Finger-tip Drag, Hip Flick, Head-Up Swim, Pull with buoy using a glide focus

** 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 500yd time is 10:00, but your easy 500yd time is 11:30, choose a base time of 12:00 but aim for 10:45 or less for each timed interval. Longer sets and more consistent swimming. Pace yourself as the real goal is volume not speed.

2000 yd Swim	3500 yd Swim
250 warm-up including skills as outlined above	250 warm-up including skills as outlined above
3x250 w/ :30 RI	5x250 w/ :30 RI
RI 2:00	RI 2:00
*may do swim/pull/swim for each 250	*may alternate swim/pull for each 250
1x500	2x500 w/ 1:00 RI
RI 2:00	RI 2:00
1x250	3x250 (2 nd 250 as paddle pull with buoy)
RI 2:00	RI 2:00
*may use paddles if experienced with them	*may use paddles if experienced with them
Cool Down	Cool Down
Swim/Pull 250	Swim/Pull 250
Play!	Play!