

# Sample workout: 3

**Level:** Beginner to Intermediate (you can swim 200m without stopping)

**Distance:** 1000m

**Goal:** Mindful Swimming

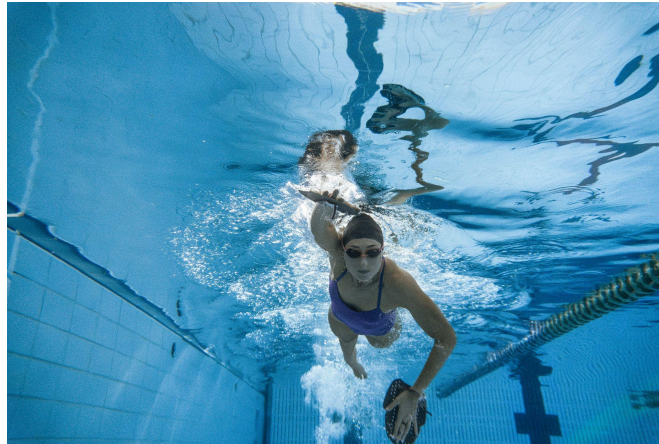
**Zone:** 4

Distance	Rest	Notes
100	20 seconds	Z2
2x50	20 seconds	Z3 as 25 drill / 25 swim
2x200	20 seconds	Listen and feel
2x100	20 seconds	Z4 DPS
100	20 seconds	Build
100	20 seconds	Z2

# Session Terminology

## How to read your swim program

---



### About Swim Programs

Reading a swim program can feel overwhelming the first time! Here is a step-by-step guide to reading your program.

- 1. Distance.** Know how far you need to swim. I.e “4x50” means you will swim 50m, then take a rest.
- 2. Repetitions.** How many times you will swim a distance. I.e “4x50” means to swim 50m four times.
- 3. Rest interval.** The amount of rest you take between repetitions is important because rest durations are designed to improve specific aspects of your swimming. I.e if the focus of the set is on speed, there will be longer rest intervals. If the focus of the set is on building endurance, there will be less rest. I.e “4x50 20 seconds” means swim 50m, rest for 20 seconds, then swim another 50m. Repeat this until you have completed 4x50m.
- 4. Training zone.** Know how hard you should be working during a given set. Your training zone is dictated by either heart rate or rate of perceived exertion.

## Program terminology

### Build

Often confused with Descend, Build has a distinct meaning. Each swim starts slow and ends fast. You build your speed throughout the swim. i.e., 4 x50 Build means that EACH 50 starts easy and gradually builds to fast by the end of the 50. Each of the 4 swims is performed using the same slow to fast pace.

### DPS

The distance you cover with each stroke. The longer your distance per stroke, the more efficient your stroke is. Your height, technique, swim style, speed, and underwater kicks will affect how many strokes you take.

Let's look at an example of DPS with Aura Move coach, Laura.

- Laura is 185cm tall.
- Laura performs approximately 3x underwater dolphin kicks off each wall.
- Zone 3 pace: 13 strokes per 25m.
- Zone 5 pace: 15 strokes when swimming Zone 5 pace.

### Drill

Drills are used to isolate and improve specific aspects of your stroke. There are a number of different drills for swimming. The key to drills is knowing *why* you're doing the drill and *how* it will help your technique.

### Listen and feel

This is a form of mindful swimming. The purpose of “listen and feel” is to be aware of how you move your body by focusing on what you can see, hear, and feel while swimming. Can you hear your bubbles? Can you feel the pressure on your palms? Do your muscles feel strong?

## Z1 / Z2 / Z3 / Z4 / Z5

The “Z” stands for “zone”. Zones range from 1 - 5 and relate to either your heart rate, or perceived effort. See the image example below.

