

Sample workout: 1

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

Distance: 1000m

Goal: Heart health

Zone: 4

Distance	Rest	Notes
100	20 seconds	Z2
2x50	20 seconds	Z3 as 25 kick / 25 swim
100	20 seconds	Z3 as 25 drill fins / 75 swim fins
2x [100 + 4x50]	15 seconds	100 as Z3 / 50s as Z4
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

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.

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.

