

Sample workout: 2

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

Distance: 1000m

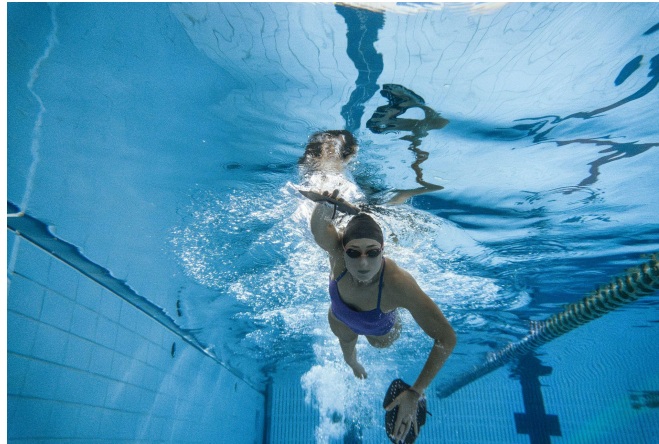
Goal: Pace awareness

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
4x50	20 seconds	As Dec 1-4 holding SC
4x50	20 seconds	Negative split
4x50	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.

Dec / Descend

Descend means each consecutive swim gets faster. Your swim time decreases = you get faster. i.e., 4x50 descend 1-4 means that #1 is easy, #2 is faster, #3 is faster still, #4 is the fastest.

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.

Negative split

A swim during which the second half is completed faster than the first half.

I.e “4x100 R20 negative split” means to swim the second 50m faster than the first 50m of each repetition.

SC

“SC” means “stroke count”. Counting strokes is useful for evaluating your efficiency. Your ideal SC is unique to your body composition, how many underwater kicks you perform, your swim speed, and level.

I.e “4x50 R20 Dec 1-3 holding SC” means to swim 50m at a moderate pace and count your strokes. Swim another 50m, slightly faster holding the same stroke count as the first 50m.

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

Laura is 185cm tall and takes approximately 3 kicks off each wall.

Zone 3 pace: 13 strokes per 25m.

Zone 5 pace: 15 strokes when swimming Zone 5 pace.

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.

