

Sample workout: 4

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

Distance: 1000m

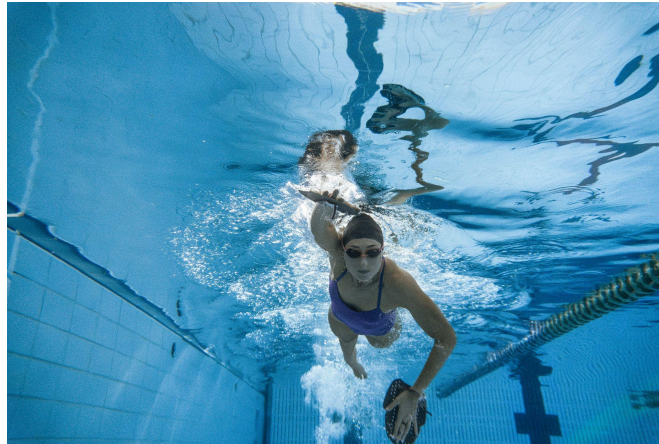
Goal: Speed

Zone: 5

Distance	Rest	Notes
100	20 seconds	Z2
2x50	20 seconds	Z3 as 25 drill / 25 swim
2x50	20 seconds	Kick as 25 MAX / 25 Z3
4x [4x25 + 50]	45 seconds	25s as MAX. 50 as build - Set 1&3: freestyle - Set 2&4: fins and paddles
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.

MAX

MAX means maximal effort from the push off. During MAX efforts there should be no attempt to conserve energy for the next repetition. MAX is different to zone 5 (Z5), in that Z5 you are swimming your best average speed across the set.

I.e in a set of "4x50 MAX", there will be a larger drop off in speed compared with a more consistent speed during a set of "4x50 @Z5".

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.

