

Session Theme & Focus

Increasing Pace

Session 4 – Increasing Pace 50s

This type of session is one of my favourites, starting easy and smooth and building the pace to finish super strong! This session is about two things: pacing and resilience.

Pacing

How well can you change pace and judge pace? In this session, you are looking for four different gears - an ability to swim at four different speeds. And you are looking to swim your strongest at the end of the set, which requires some pace judgement. Sounds simple doesn't it?

Resilience

This session can hurt. It can make you push yourself. Staying strong and pushing through is a key skill to develop in this session.

Warm Up (500m)

200m / 150m / 100m / 50m - 20s rest between each.

The aim is to start the warm up easy and relaxed, and get slightly quicker as you move down the distances.

Pre-Main Set - 'Feeling Good 25s' (500m)

4 x 25m long, easy stroke

4 x 25m distance per stroke (travelling well on every stroke)

4 x 25m 'easy speed' (keeping the distance per stroke idea, but increasing stroke rate slightly)

4 x 25m fast (with controlled technique)

4 x 25m easy and smooth

(All 25s should have a rest of 15-20s between each - so each one can be executed well).

Main Set - Increasing Pace 50s (1200m)

10 x 50m (20s rest)

- 4 @ easy pace
- 3 @ moderate pace
- 2 @ strong pace
- 1 @ fast pace

4 x 25m nice and easy (15s rest)

Then do the 10 x 50m (+ 4 x 25m easy) set again.

If it was 'too easy' first time round, you can do one of two things.

Firstly, you can start the 4 x 50m at a stronger pace - and then get quicker on the 3 x 50m, 2 x 50m & 1 x 50m.

Secondly, you could start at the same pace as the first set of 10 x 50m - but then make the 3 x 50m, 2 x 50m & 1 x 50m faster, so you are finishing at your maximum pace.

Cool Down (200m)

8 x 25m easy, focusing on a long, smooth stroke (15s)

Scaling

There are many ways to scale this session.

If you only have time for 1,200m, do the warm up above and then straight into one set of the Increasing Pace 50s. (You can do the 25s as a separate short session).

If you want to go longer, you can increase the distance of the 50's. In our Squad sessions we've done this set at separate times, using different distances - 75s, 100s, 150s and 200s.

Feedback

I hope you give this session a try. If you do, let me know how you got on – and anything you learned during the session.

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