

Session Theme & Focus

Strong Endurance

All The 10s

This is an endurance session, but without actually swimming further than 100m at a time! Whisper it quietly, but these are my favourite type of endurance sessions!

The session is brought to you by the number 10 too – we are doing 10 reps of various distances. You can adapt this session to use any number you like (see **scaling** at the bottom).

Warm Up (300m)

1 x 100m

2 x 50m

4 x 25m

All easy and relaxed, just finding our rhythm. Keep the rest intervals quite short (15s).

Main Set – All The 10s (2500m)

As this is an endurance-based session, the pace starts off 'easy to moderate'. All controlled and well within yourself. Perhaps a 5/10 on the effort scale.

Try and keep the pace the same throughout the set.

As we progress through the session, the fatigue will start to increase a little, not helped by the reduced rest as the distance drops. This fatigue, and the shorter rest intervals, will probably make that 5/10 effort / pace, feel like a 7 or an 8/10 towards the end.

Embrace it!

10 x 100m (20s rest)

10 x 75m (15s rest)

10 x 50m (10s rest)

10 x 25m (5s rest)

Try and keep control of your pace here. We're aiming to swim all of the 100s at the same pace (with a second or two), then the same for the 75s, 50s and 25s. If you need to take a short break between each set (100s / 75s / 50s / 25s) do so!

Cool Down (200m)

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

Scaling

As ever, there are many ways to scale this session.

The easiest way to do this is to use a different number.

If you wanted to make it a 5,000m set for example, use 20 instead of 10. So you would start at 20 x 100m and finish with 20 x 25m.

Alternatively, if you wanted to make it a shorter session, use a lower number. Using the number 5 (5 x 100m / 5 x 75m / 5 x 50m / 5 x 25m) will give you a main set of 1250m.

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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