

Session Theme & Focus

Feel For The Water

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This session is about 'feel for the water'. It is about controlling your pace by adjusting tension through your hands and your pull.

I have written about 'feel for the water' before. This is the most recent post on the subject. (<https://triathlonswimsquad.com/2024/05/08/swimming-fast-efficient/>)

Warm Up (400m)

1 x 400m smooth and relaxed, trying to find a swim rhythm and get breathing under control. *If a straight 400m is a bit daunting, break the warm up down into 4 x 100m or 8 x 50m, with short rests.*

Pre-Main Set (800m)

This set is about different tension and different pressure when pulling.

It is four sets of 4 x 25m (15s rest) + 100m

25m - swimming with fists

25m - swimming with really soft hands, feeling little pressure on the pull

25m - introducing a little tension through the hand and wrist, moving more water

25m - strong hands and feeling like you are pulling / pushing a heavy weight

100m - focusing on increasing hand pressure / tension gradually through the 100m rep.

On the 25s, keep an eye on both your speed and the number of strokes you take on each length. You should find that speed increases, whilst the number of strokes you take reduces.

Main Set (800m)

Controlling speed and effort by changing tension / force. We are aiming to hold the same stroke rate throughout this set - the way we are increasing speed is to increase propulsion with each stroke. Use a Finis Tempo Trainer if you have one?

8 x 100m (30s)

- 2 x 100m easy - 2/10 effort (little tension, not feeling like you are pulling much water)
- 2 x 100m moderate - 4/10 effort (increasing tension slightly)
- 2 x 100m moderate-strong @ 6/10 effort (moving well with each pull)
- 2 x 100m strong @ 8/10 effort (think 'fast distance per stroke')

If done well, and keeping a constant stroke rate, you should find that you take less strokes as the speed increases. In effect, you are travelling further with each stroke.

Cool Down

8 x 25m smooth and relaxed (15s)

Scaling

To scale down ...

- You can split the 400m warm up into 4 x 100m or 8 x 50m.
- Reduce the number of sets on the pre-main set.
- Do 4 x 100m instead of 8 x 100m on the main set (or change the 100s to 50s)

To scale up ...

- Repeat the main set
- Increase the number of 100s at each intensity level to 3 or 4.

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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