

Broken 100s

This session plays around with rest intervals, asking you to swim strong with different amounts of rest. The intervals are short enough to have fun with minimal rest – and not blow up!

I did this session on one of my solo swims, and then our Swim Squad did this session recently. It contains three sets – the warm up / first set, the main set of work (broken 100s) and then some pullbuoy and paddle work towards the end.

If you don't time for all of this, do a shorter warm up and eliminate the third set – give all of your focus to the main set of broken 100s.

Warm Up / Set 1

4 x 50m (15s)
2 x 100m (30s)
1 x 200m (45s)
2 x 100m (30s)
4 x 50m (15s)

All steady pace, think about your stroke and being nice and smooth.

Main Set

Two rounds of ...

4 x 25m (5s rest)
4 x 25m (10s rest)
4 x 25m (15s rest)
4 x 25m (20s rest)
4 x 25m easy

You are looking to swim strong on the 25s - even on the ones with very little rest.

The way I thought about pace on this set was to imagine my strongest 100m time that I could manage to do today, divide that time by four, and that was the time I was aiming for on each 25m. Strong 100m pace on the 25s.

Take an extra 30s between each 4 x 25m.

**Triathlon Swim Squad
Swim Squad Online
Broken 100s**

Set 3 - Pullbuoy & Paddles

If you have time ...

100m (20s)

75m (15s)

50m (10s)

25m

You are looking to increase pace / force of pull as the distance drops. Do this set twice.

Cool Down

4 x 25m easy