



## TOP 10 SWIM SESSIONS



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### **PURPOSE OF THE PLAN**

Generally happy with your swim training, but need a little inspiration in the pool? This is a 10 session plan – with some of our favourite and proven sessions to keep you busy!

Consisting of three endurance sessions, three VO2 Max sessions and four Threshold sessions, this plan will add some variety – and a bit of spice – to your current training.

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### **ENDURANCE SESSIONS**

- Broken 400m Pyramid
- Strong Into Smooth
- Changing Distance, Changing Pace

### **VO2 MAX SESSIONS**

- Above Threshold 50s
- Broken 400s
- VO2 Max 100s

### **THRESHOLD SESSIONS**

- Grant Hackett 50s
  - Threshold 100s
  - Red Mist 100s
  - Broken 250s
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We have a vast library of swim sessions, but these are some of our favourites. Give them a try and I'm sure you'll love them too!

If you need further advice or guidance, message me!  
([bryan@triathlonswimsquad.com](mailto:bryan@triathlonswimsquad.com))

## **Endurance: Broken 400m Pyramid**

### **Warm Up**

4 x 100m - Easy pace (20s rest)

4 x 50m

Alternating 25m swimming with fists (aiming for high elbow catch), 25m swim. (20s rest)

8 x 25m

Distance per stroke (making each pull powerful and travelling as far as you can with each stroke) (15s rest)

### **Main Set - Broken 400's**

1 x 400m (45s rest)

2 x 200m (30s rest)

4 x 100m (20s rest)

2 x 200m (30s rest)

1 x 400m

### **Cool Down**

200m very easy

#### **Notes:**

This is an endurance session - so try and keep the pace consistent throughout the set. See if you can swim the last 400m at the same pace as you did for the first 400m.

If you have a Finis Tempo Trainer then this is a good set to use it on to try and keep the pace the same.

## **Endurance: Strong Into Smooth**

### **Warm Up**

1 x 400m - relaxed pace.

### **Pre-Main Set**

8 x 25m (alternating 25m strong, 25m easy)  
(20s rest between each 25m)

### **Main Set**

100m strong (20s)  
100m smooth (40s)  
100m easy

100m strong (20s)  
200m smooth (40s)  
100m easy

100m strong (20s)  
300m smooth (40s)  
100m easy

100m strong (20s)  
400m smooth (40s)  
100m easy

100m strong (20s)  
500m smooth (40s)  
100m easy

### **Cool Down**

8 x 25m smooth technique (15s)

#### **Notes:**

Make sure there is a difference in pace between the strong, smooth & easy paces.

Strong = 8/10 effort

Smooth = 6/10 effort

Easy = <4/10 effort

Take a short rest after each set.

## **Endurance: Changing Distance, Changing Pace**

### **Warm Up**

200m

150m

100m

50m

Increasing pace as the distance drops. Take 20-30s between each.

### **Main Set - Easy, Moderate, Strong**

3 x 200m (40s)

3 x 150m (30s)

3 x 100m (20s)

3 x 50m (15s)

You are trying to increase the pace within each set. Keep an eye on your times here. Make sure the increase in effort results in faster times.

### **Cool Down**

2 x 100m very easy (20s)

#### **Notes:**

You are trying to increase the pace within each set so keep an eye on your times here. Make sure the increase in effort results in faster times.

Make sure the first rep in each set is easy enough – giving you room to get a bit quicker on the moderate and strong reps.

## **VO2 Max: Above Threshold 50s**

### **Warm Up**

10 x 50m (20s)

Starting off easy and building to a strong pace by the end of the set.

### **Main Set**

Two sets of ...

5 x 50m

4 x 50m

3 x 50m

2 x 50m

1 x 50m

4 x 50m very easy

Take 20s rest between each 50m - and an extra 20s between each set (e.g. after 5 x 50m)

### **Cool Down**

2 x 50m very easy

### **Notes:**

The pace on these 50's should be above threshold – so at least 8/10 effort. You should be working hard!

## **VO2 Max: Broken 400s**

### **Warm up**

8 x 50m (15s) - starting slow and easy and building gradually through the set.

### **Main Set**

Three sets of ...

8 x 50m at best pace you can maintain for all 8.  
(20s rest between each)

An additional minute rest between each set of 8.

### **Cool Down**

8 x 50m at a smooth, relaxed pace. (15s)

### **Notes:**

You are working really hard here. You want to try and keep the pace the same on each of the 50s, but when you reach the wall at the end of number eight, you are completely spent!

Be brave!!

## **VO2 Max: VO2 Max 100s**

### **Warm Up**

1 x 400m relaxed pace

### **Pre-Main Set**

8 x 25m (alternating 25m strong, 25m easy) (20s)

### **Main Set**

Two sets of ...

4 x 100m (1 minute recovery)

Take additional rest after each set of 4.

### **Cool Down**

8 x 25m smooth technique.

### **Notes:**

The 100's are hard! You are having 1 minute rest between each 100m so you can recover and have energy to push on each one.

You are working hard in this set!

See if your second set of 100s can match the pace of the first set.

## Threshold: Grant Hackett 50s

### Warm Up

10 x 50m smooth (10s)

### Main Set

16 x 50m - every 4th strong (15s rest)

12 x 50m - every 3rd strong (20s rest)

8 x 50m - every 2nd strong (25s rest)

4 x 50m - all strong (30s rest)

### Cool Down

8 x 25m easy

#### Notes:

You should see a difference in pace and effort between the smooth and steady 50s and the strong 50s.

Take a short break between each block if you need it.

<https://triathlonswimsquad.com/swimming-sessions-the-grant-hackett-set/>

## Threshold: Threshold 100s

### Warm Up

1 x 200m easy

4 x 50m - focus on long, slow stroke. Smooth. (20s rest)

8 x 25m - alternating 25m strong, 25m easy. (15s rest)

### Main Set

10 x 100m @ threshold pace (20 seconds recovery).

This pace is the quickest pace you can maintain for all 10.

### Main Set

10 x 50m pull

(20 seconds rest)

### Cool Down

100m easy

#### Notes:

This set is different to the endurance sessions. The pace on the 100m efforts is much higher. It will be a tough set. You are aiming to hold the same time on each 100m – a pace you can just about hold for all 10 x 100m.

The pull set really focuses on strength. If you have hand paddles, use them. Keep stroke rate slow, and focus on really pushing the water back.

## Threshold: Red Mist 100s

### Warm Up

4 x 100m easy and relaxed (30s)

### Pre-Main Set

4 x 25m distance per stroke (15s)

4 x 25m smooth and strong (15s)

4 x 25m distance per stroke (15s)

4 x 25m smooth and strong (15s)

### Main Set

4 x 100m smooth

3 x 100m slightly quicker

2 x 100m comfortably hard

1 x 100m strong

(30s rest after each 100m)

### Cool Down

8 x 25m easy

#### Notes:

Distance per stroke is about travelling as far as you can with each stroke – all about power. Slow stroke rate and powerful pull. 'Smooth & Strong' is keeping the focus on power, but using your 'normal' stroke rate.

The main set is all about patience early on - and then getting quicker as the set progresses. If you want numbers, perhaps the first 4 x 100m are at 6/10 effort or pace, 3 x 100m at 7/10, 2 x 100m at 8/10, 1 x 100m at 9/10.

## Threshold: Broken 250s

### Warm Up

5 x 100m (40s)

Building the pace throughout the set. Start very easy. By #4 & #5 you are working hard!

### Main Set

4 sets of ...

100m (30s)

75m (25s)

50m (20s)

25m

Have a rest after each set to reset.

### Cool Down

12 x 25m smooth, easy swimming, focusing on technique.

#### Notes:

You are trying to get faster as the distance drops. Start the 100m at a solid pace and get slightly quicker through the set.

## Next Steps

Hopefully you've loved these sessions and can feel the benefit of the structure and the intensity.

If you would like more swim sessions, you can become a member of our **Swim Squad Online programme**, where you will receive new swim sessions each week – plus some guidance on swim technique. You will also learn about swim training – what works, how we structure things, why we do some of the work we do.

<https://triathlonswimsquad.com/swim-squad-online/>

Alternatively, we could design a training plan to meet your swim goals.

<https://triathlonswimsquad.com/swim-training-plans-3/>

## Feedback

I would love your feedback on the '**Top 10 Swim Sessions**'.

- Was it what you expected?
- Did you enjoy the sessions?
- Would you recommend to others?
- Any further thoughts or feedback.

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