

Broken 100s - Second Variation

First in this '**Broken 100s**' series, we did some broken 100s where we increased rest intervals through the set (5s / 10s / 15s / 20s). Then we progressed this set in the '**First Variation**', swimming the broken 100s with really short rest intervals (5 seconds), trying to hold a strong pace.

This third session ('**Second Variation**') progresses the idea further.

Blocks of 3 x 100m

This set uses blocks of 3 x 100s - repeated several times.

- The first 100m includes 10s rest after each 25m.
- The second 100m we are dropping the rest interval to 5 seconds per 25m
- The third 100m is a straight 100m. No broken 100m here.

In other words:

1. 4 x 25m (10s rest)
2. 4 x 25m (5s rest)
3. 100m

Take an additional 30s rest after each 100m.

Pacing

We want the third 100m, the straight 100m, to be a strong pace (an 8 or even 9 out of 10).

For this set, keep in mind we are trying to hit the same pace on each of the 100s.

You are a fast swimmer and can hit a 1.20 on your straight 100m. You want to be swimming the first two 100s - the broken 100s - at 20s per length.

Hitting this pace on the first hundred will feel quite 'easy' - with 10s rest after each 25m. The second 100m will feel a little more challenging, with only five seconds rest. The straight 100m will feel hard - but manageable.

A 1.40 swimmer would aim for 25s per 25m on the broken efforts. The 2.00 swimmer would aim for 30s for 25m.

Triathlon Swim Squad
Swim Squad Online
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Sets

I did five sets of 3 x 100m during a recent swim session.

You can do as many sets as you have energy and time for!

Session

You can pick a warm up depending on how much time you have and how much volume you want in your session. I only had time for a short swim, so my session was:

Warm Up

10 x 50m smooth and relaxed (15s)

Main Set

15 x 100m – so five sets of 3 x 100m (as above)

Cool Down

8 x 25m easy (10s)