

# Triathlon Swim Squad Swim Session

## A VO2 Max / Speed Endurance Session

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### Warm Up

#### 2 x 200m (30s)

1st one easy, 2nd one building pace gradually.

### Pre-Main Set

*The aim of this set is to feel fast, holding great form. It also helps to prepare us for the main set.*

#### 4 x 25m building pace.

Starting each length smooth and relaxed, increasing force and power through the length, moving really well (fast) on those last 5 or 6 strokes.

#### 4 x 25m (half fast / half easy).

Exploding off the wall, swimming really strong, holding great form - and then swimming relaxed and smooth after half way.

#### 4 x 25m maximum pace.

As fast as you can swim (whilst still holding good technique) on each 25m.

#### 4 x 25m distance per stroke

Slowing the stroke rate down and applying great force and power on each stroke.

#### 4 x 25m 'easy speed'

Swimming at 8/10 effort, keeping stroke long and strong, but increasing stroke rate slightly.

*On all of these 25s, we should maintain a focus on our technique. If we start to feel scrappy or we are fighting the water, we should slow down slightly and hold good form.*

**At this point in the session, we should be feeling like we can swim fast holding good form.**

## **Main Set**

*We could describe this set as a VO2 Max set. We could also describe it as a speed endurance set - holding a strong pace under increasing fatigue.*

This set consists of multiple blocks of 5 x 50m.

**1 x 50m really strong - 9/10 effort - pushing the pace and feeling uncomfortable.**

**3 x 50m at a more sustainable 7/10 effort. Still a strong pace, but more sustainable**

**1 x 50m easy**

We are keeping rest intervals quite short during each set of 5 x 50m - around 15 seconds rest. After each block of 5 x 50m take a little extra rest (additional 30s).

**Repeat this set five times.**

We want to put our 7/10 pace under pressure, which is why we start with the 9/10 effort 50m at the beginning. We want to be fatigued, high heart rate, heavy arms yet still swim at a sustainable 7/10 pace, holding good form, on the three subsequent 50s.

The set is a VO2 Max set - swimming with a high heart rate for those first four 50s. Roughly four minutes of strong effort and heavy breathing, followed by 1.30-2 minutes of recovery (easy 50m + some additional rest).

## **Scaling**

We can reduce (or increase) the number of sets from 5 to 4 or 3.

We can also change the set slightly.

1 x 50m @ 9/10

2 x 50m @ 7/10

1 x 50m very easy