



FIVE WORKOUTS TO BUILD SWIM ENDURANCE

Be sure to warm up and cool down with each of these workouts. A warmup can be anywhere from 200-600 yards, nice and easy.

1. 3 x 500 @ :30 rest

The goal for this set is to finish each 500 within about 10 seconds of each other. It is important to learn how to pace properly for long distances. When swimming this set, concentrate on keeping good form throughout the set. Some common parts of technique that start to deteriorate as fatigue sets in include dropping the elbows, lifting the head out of the water and finishing the stroke too early. Beginner swimmers may want to drop this to 3 x 400.

2. 4 x 400 @ :20 rest

Much like the 500s, the goal of swimming these 400s is to maintain consistency throughout the set. These should be done at a “comfortably hard” pace while concentrating on good form. Beginner swimmers may want to drop this down to 4 x 300.

3. 8 x 200 @ :20 rest

200s are a great set to help with pacing control. A 200 pace is slightly slower than 100, but a greater effort than a 400 or 500. As with the first and second sets, concentrate on good technique throughout the set. To add some variation, add a pull buoy for the even numbers. 200s are also great sets to add in some breath control. One of the most effective breathing drills is breathing every 5/7 strokes by 50s (make that every 3/5 strokes for beginners). Beginners may consider doing this set as 5 x 200.

4. Ladder

1 x 100 @ :10 rest

1 x 200 @ :15 rest

1 x 300 @ :20 rest

1 x 400 @ :20 rest

1 x 500 @ :30 rest

1 x 400 @ :20 rest

1 x 300 @ :20 rest

1 x 200 @ :15 rest

1 x 100



Ladders are an excellent way to build your endurance. Look forward to getting to that 500 so you can climb your way back down the ladder. It is important to continue to concentrate on your form throughout this set. Ideally, your pace should be consistent for each distance. For example, you want the two 100s to be within 3 seconds of each other, the two 200s to be within 5 seconds of each other, and so on. This may feel harder on the way down the ladder as fatigue sets in. Frequent practice of this set will result in more consistency. Beginners may wish to cap this set at 400.

5. Broken 1650

Swim 11 lengths 20 seconds rest 275 yards

10	20	250
9	20	225
8	20	200
7	20	175
6	10	150
5	10	125
4	10	100
3	10	75
2	10	50
1		25

SUBTRACT 2:30 from total time to get 1650 time. Record.

This set is to be used as a benchmark and should not be a regular workout. Frequency of this set should be no more often than every 4 weeks (longer for advanced swimmers). Be vigilant about taking the exact amount of rest otherwise your results will be inaccurate. Over time, the goal is not only to drop time in the 1650, but to become more efficient and to be less fatigued each time the set is performed.

Need more help with your swimming? [Contact me](#), I'd be happy to help you increase your swim endurance and help you reach your triathlon goals!

Train Right, Tri Right!

Coach MJ