

USA TRIATHLON TRAINING DVD SERIES



GUIDE TO MAINTAINING BASE SWIM FITNESS DURING THE SEASON

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The following sample workouts will help you maintain your base fitness during the season. While these are based on specific distances, your yardages may vary depending on your competitive goals, time and ability.

As a reminder, a complete Sprint Triathlon Training Plan is available in volume 1 of this series. If you have any questions, please feel free to contact us:

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Consult a physician before beginning this or any other exercise program.

Maintaining Base Fitness During the Season

One of the most difficult questions to answer during the middle of your season is how do I maintain my fitness level while remaining 'race sharp'. The answer is simple: continue with a sound aerobic model in combination with speed and race effort training.

Here are four sample workouts and how you can sustain your aerobic fitness based upon data you are collecting by doing from a simple 800 yard test swim at the beginning of each week. First, however, answer the following questions.

- How much time per day do I have to train my swimming and how many sessions per week?
- What are my yardage goals per session/per week during the middle of my race season?
- What distance am I training for: sprint, Olympic, Ironman, etc.?

Start each week with an assessment of your current level of swimming fitness using the data to build your training for the remainder of the week. The following sessions are based on four workouts per week in the 2,700-4,000 yard range based on your ability, the distance you are preparing for and the amount of time you can put into each session.

WORKOUT #1

Workout #1A (4,000 yards)

First swim of the week with a test swim.

800 easy swim followed by 8 x 25 drill with 10 sec rest

12 x 50 free with 20 sec rest

1-6 @ 75% effort

7-12 (get time average time from 1-6 and swim 2 sec faster)

Weekly swim assessment:

1 x **800 free@ 80% effort** (feels like the middle of 1,500 Olympic distance race)

- Get your time and figure out your average 100 splits. ie., 12:00=1:30 per 100

- Use your **average 100 time**** (1:30) to build sets for the remainder of the week.

1 x 600 pull (easy with bilateral breathing) into an 800 swim with fins doing sighting drills on every 4th 25

1 x 200 easy cool down

Workout #1B (3,000 yards)

First swim of the week with a test swim.

800 easy swim followed by 8 x 25 drill with 10 sec rest

12 x 50 free with 20 sec rest

1-6 @ 75% effort

7-12 (get time average time from 1-6 and swim 2 sec faster)

Weekly swim assessment:

1 x **400 free@ 80% effort** (feels like the middle of sprint distance race)

- Get your time and figure out your average 100 splits. ie., 6:00=1:30 per 100

- Use your **average 100 time**** (1:30) to build sets for the remainder of the week.

1 x 400 pull (easy with bilateral breathing) into an 400 swim with fins doing sighting drills on every 4th 25

1 x 200 easy cool down

WORKOUT #2

Workout # 2A (4,000 yards)

The focus of this session is 'race effort/aerobic fitness'.

- 1 x 400/300/200/100 free with 15 sec rest (slight build as you progress through the set)
Check your HR @ the beginning and finish of the warm-up (looking for a rise of 20 pts)
- 1 x 16 x 25 free with 10 sec rest
odds/10 yd kick followed by a 15 yd drill
evens/25 yd swim a little faster than warm-up effort
- 12 x 100 free @ **average 100 time**+ 10 sec** to create your interval
 - 1:30 + 10 sec=1:40 interval
 - Your goal is to swim every 100 @ 1:30 or slightly faster which is the pace at which you swam your **test 800 @ 80% effort**. You are adding 400 yards while swimming at or faster than your 800 pace. Your work:rest ratio is 9:1 @ 80% of max which is perfect for maintaining aerobic fitness.
- 1 x 1,200 free at an easy effort level (like a long, easy run) with sighting on every 4th or 8th 25.
- 8 x 25 free with 10 sec rest
1-4 @ 'start effort/speed'
5-8 @ easy warm-down effort

Workout # 2A (2,800 yards)

- 1 x 400/300/200/100 free with 15 sec rest (slight build as you progress through the set)
Check your HR @ the beginning and finish of the warm-up (looking for a rise of 20 pts)
- 1 x 16 x 25 free with 10 sec rest
odds/10 yd kick followed by a 15 yd drill
evens/25 yd swim a little faster than warm-up effort
- 6 x 100 free @ **average 100 time**+ 10 sec** to create your interval
 - 1:30 + 10 sec=1:40 interval
 - Your goal is to swim every 100 @ 1:30 or slightly faster which is the pace at which you swam your **test 800 @ 80% effort**. You are adding 400 yards while swimming at or faster than your 800 pace. Your work:rest ratio is 9:1 @ 80% of max which is perfect for maintaining aerobic fitness.
- 1 x 600 free at an easy effort level (like a long, easy run) with sighting on every 4th or 8th 25.
- 8 x 25 free with 10 sec rest
1-4 @ 'start effort/speed'
5-8 @ easy warm-down effort

WORKOUT #3

Workout # 3A (4,000 yards)

Continuing with aerobic fitness with some 'speed work'.

1 x 600 (100 swim/50 drill)

16 x 50 with fins (25 kick on back/25 swim) free or backstroke with 10 sec rest

Main set:

1 x 8 x 50 free with 30 sec rest @ 'start speed/perceived effort' of your next race

After 8th 50 rest 30 seconds and go into the following set:

4 x 200 free @ **average 100 time** on 3:20 interval (doubling your 100 interval)**. You are shortening the set from **Workout #2** but increasing from 100s to 200s.

6 x 200 pull with 25/20/15/10/5 seconds rest while holding even pace @ 75% effort

1 x 200 easy cool down with fins

Workout # 3B (3,000 yards)

Continuing with aerobic fitness with some 'speed work'.

1 x 600 (100 swim/50 drill)

12 x 50 with fins (25 kick on back/25 swim) free or backstroke with 10 sec rest

Main set:

1 x 8 x 50 free with 30 sec rest @ 'start speed/perceived effort' of your next race

After 8th 50 rest 30 seconds and go into the following set:

4 x 100 free @ **average 100 time** on 1:40 interval (doubling your 100 interval)**. You are shortening the set from **Workout #2** but increasing from 100s to 200s.

4 x 200 pull with 25/20/15 seconds rest while holding even pace @ 75% effort

1 x 200 easy cool down with fins

WORKOUT #4

Workout #4A (3,600 yards)

Shorter workout with 1,000 yards of 'aerobic pace work'.

1 x 600 easy swim into a 900 swim with fins with some sighting drills

1 x 50/100/150/200/500 free with 15 sec rest @ 70% effort

Main set:

20 x 50 free on 50 second interval (1/2 of your 1:40 interval) @ a pace faster than your @ **average 100 time****. For example, holding 43 seconds which is 2 seconds faster than your 45 second average you were holding on your 100s.

1 x 100 cool down

Workout #4B (2,800 yards)

Shorter workout with 1,000 yards of 'aerobic pace work'.

1 x 600 easy swim into a 600 swim with fins with some sighting drills

1 x 50/100/150/200/500 free with 15 sec rest @ 70% effort

Main set:

10 x 50 free on 50 second interval (1/2 of your 1:40 interval) @ a pace faster than your @ **average 100 time****. For example, holding 43 seconds which is 2 seconds faster than your 45 second average you were holding on your 100s.

1 x 100 cool down