

Workout #1: The Pace and Ladder Set

This set, which I call the Pace and Ladder Set, is simple, effective, and teaches you how to swim at pace under varying levels of fatigue, making it a great addition to your training arsenal.

100—200—300—400—500—400—300—200—100

Set points:

- All freestyle swim.
- Take :20-:30 rest between rungs on the ladder.
- Start out at race pace.
- The goal is to take your target pace and hit it on the first 100. Double it for the 200. Triple it for the 300. And so on.
- On the way back down, you will feel a little surge in energy—with the set getting “easier” and the finish line approaching you’ll get a figurative wind behind your back—and as a result should be able to swim faster than you did on the way up.

Workout #2: The Threshold Set

The set is about as simple as it gets:

- 30×100 freestyle (2 swim + 1 kick) @:20 rest after each rep.

Oh baby, I've been doing this set for as long as I can remember. You will be tomato-faced by the end of it. And also, you will be in much better shape after doing it a few times.

I know, I know—most triathletes hate doing [flutter kick](#) on a board. (A lot of competitive swimmers avoid it like the plague, too.)

* <https://www.yourswimlog.com/freestyle-kick/>

Workout #3: Race Pace Power

This is another one of my staples that can be customized to just about any kind of chlorinated athlete. The triathlete-version of this set has a two-part focus: hitting your race pace on the 100s, and then alternating some power-based swimming.

In this set you will need to dig into your [triathlon bag](#)* and did out your [DragSox](#)** or a [swim parachute](#)*** for resistance during the 25s. (You can also wear a pair of baggy swim shorts over top of your suit as well to create drag! There's a lot of benefits to throwing down on some drag: swimming under load has been shown to [create a more balanced stroke](#)****, it will force you to have a higher elbow during the catch, and [the post-activation potentiation benefit](#)***** you will experience after you take them will help you feel like a champ in the water during the aerobic segments of the set.

Here's the set.

- 8×100 free swim – hit your target race pace @:20 rest
- 8×25 free swim with DragSox or parachute @:30 rest

Extra minute rest

- 6×100 free swim – hit your target race pace minus 1 second @:20 rest
- 6×25 free swim with DragSox or parachute @:30 rest

Extra minute rest

- 4×100 free swim – hit your target race pace minus 2 seconds @:20 rest
- 4×25 free swim with DragSox or parachute @:30 rest

* <https://www.yourswimlog.com/best-bags-triathlon-transition/>

** <https://www.yourswimlog.com/dragsox-review/>

*** <https://www.yourswimlog.com/best-swim-parachutes-power-up/>

**** <https://www.yourswimlog.com/how-to-balance-out-your-stroke-and-why-it-matters/>

***** <https://www.yourswimlog.com/post-activation-potentiation-for-swimmers/>

Workout #4: Endurance/Technique 1400 y/m

This swim is designed to increase your endurance and feel for the water. It is a low-intensity workout and can also aid recovery from a tough run or bike workouts.

Warm Up

1 x (100 Pull in Z2 + 100 Drill in Z2 + 20 secs rest)

1 x (100 Drill in Z2 + 100 Pull in Z2 + 20 secs rest)

Main Set

1 x (50 Kick in Z2 + 50 Kick in Z4 + 20 secs rest)

2 x (200 Drill in Z2 + 100 Pull in Z2 + 15 sec rests)

1 x (50 Kick in Z2 + 50 Kick in Z4 + 20 secs rest)

Warm Down

1 x (50 Breast in Z2 + 50 FS in Z2)

1 x (50 Back in Z2 + 50 FS in Z2)

Workout #5: Threshold Workout 1600 y/m

These workouts involve a main set of efforts at (or near) your 1500 race pace but broken into small blocks with plenty of rest. They will boost your speed and increase your ability to hold a fast pace for longer.

Warm Up

- 1 x (50 Pull in Z2 + 50 Pull in Z2 + 10 secs rest)
- 1 x (50 FS in Z2 + 50 FS in Z3 + 15 secs rest)
- 1 x (50 Pull in Z2 + 50 Pull in Z4 + 15 secs rest)

Main Set

- 1 x (400 FS in Z4 + 30 secs rest)
- 1 x (300 Pull in Z4 + 30 secs rest)
- 1 x (200 FS in Z4 + 30 secs rest)
- 1 x (100 Pull in Z4 + 30 secs rest)

Warm Down

- 1 x (100 Pull in Z2 + 100 FS in Z2)
- 1 x (100 Choice in Z2)

Workout #6: Recovery Swim 1800 y/m

This session is carried out at a lower intensity providing the opportunity for recovery and to focus on technique.

Warm Up

- 1 x (100 FS in Z2 + 100 Drill in Z2 + 5 secs rest)
- 2 x (50 Breast in Z2 + 50 Back in Z2 + 5 sec rests)

Main Set

- 1 x (100 FS in Z2 + 100 Pull in Z2 + 15 secs rest)
- 1 x (200 FS in Z2 + 200 Pull in Z2 + 15 secs rest)
- 1 x (200 FS in Z2 + 200 Pull in Z2 + 15 secs rest)
- 1 x (100 FS in Z2 + 100 Pull in Z2 + 15 secs rest)

Warm Down

- 1 x (200 Choice in Z2)

Workout #7: Endurance/ Technique 1800 y/m

This swim is designed to increase your endurance and feel for the water. There are a few harder efforts, but most of it should feel easy or steady.

Warm Up

1 x (100 Pull in Z2 + 100 Drill in Z2 + 5 secs rest)

1 x (100 Drill in Z2 + 100 Pull in Z2 + 5 secs rest)

Main Set

2 x (100 Pull in Z2 + 100 Drill in Z2 + 5 sec rests)

1 x (50 Kick in Z2 + 50 Kick in Z4 + 10 secs rest)

2 x (200 Drill in Z2 + 100 Pull in Z2 + 5 sec rests)

1 x (50 Kick in Z2 + 50 Kick in Z4 + 10 secs rest)

Warm Down

1 x (50 Breast in Z2 + 50 FS in Z2)

1 x (50 Back in Z2 + 50 FS in Z2)

Workout #8: Threshold Workout 2200 y/m

Warm Up

- 1 x (150 FS in Z2 + 50 FS in Z4 + 10 secs rest)
- 1 x (100 FS in Z2 + 100 FS in Z4 + 10 secs rest)
- 1 x (50 FS in Z2 + 150 FS in Z4 + 15 secs rest)
- 1 x (100 FS in Z4 + 10 secs rest)

Main Set

Repeat 2 sets of 500 as below with an extra 30 second rest between sets.

- 1 x (100 FS in Z2 + 5 secs rest)
- 1 x (100 FS in Z3 + 5 secs rest)
- 1 x (100 FS in Z4 + 5 secs rest)
- 1 x (100 FS in Z5 + 5 secs rest)
- 1 x (100 Pull in Z2 + 5 secs rest)

Warm Down

- 1 x (100 Kick in Z2 + 100 FS in Z2 + 5 secs rest)
- 1 x (50 Back in Z2 + 50 Breast in Z2 + 5 secs rest)
- 1 x (200 Choice in Z2)

Workout #9: Aerobic Endurance 2800 y/m

These sessions are done at lower intensities. The goal is to build your endurance.

Warm Up

- 2 x (100 FS Breathe every 3 strokes in Z2 + 15 sec rests)
- 1 x (100 Pull in Z2 + 100 Drill in Z2 + 15 secs rest)
- 2 x (100 FS Breathe every 5 in Z2 + 15 sec rests)

Main Set

- 2 x (400 FS in Z2 + 50 FS in Z4 + 10 sec rests)
- 2 x (200 Pull in Z2 + 100 FS in Z3 + 10 sec rests)
- 2 x (100 FS in Z2 + 50 FS in Z4 + 10 sec rests)
- 1 x (100 Pull in Z2 + 100 FS in Z4 + 10 secs rest)

Warm Down

- 1 x (200 Choice in Z2)

Workout #10: Critical Swim Speed (CSS) Test

This swim test helps you to measure your fitness and create accurate training zones. CSS is a gold standard measure of endurance swimming fitness. Your CSS refers to the best pace per 100, that you could hold during a 1500 time-trial. A CSS test involves swimming a 200 and a 400 time-trial, with a few minutes rest in between.

Step 1: Do the test (see workout below).

Step 2: Enter your 400m and 200m times into our online [CSS](#) *
Calculator to create your Training Zones.

Warm Up

4 x (50 FS easy + 20 sec rests)

2 x (25 FS hard + 25 FS easy + 20 sec rests)

Main Set

1 x 400 FS maximal effort time trial, record your time,

5 mins easy active recovery,

1 x 200 FS maximal effort time trial, record your time,

1 min rest.

Warm Down

100 Easy Choice

* <https://www.myprocoach.net/calculators/critical-swim-speed/>