Triathlon Swim Set #2
Mixed Intervals of Speed + Pull Focus
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SWIM ORIENTATION

Sets will consist of 3 elements:
1. Skills and drills to set your good form
2. Mixing shorter distances of speed with longer intervals of easier "pull" efforts
3. Learning to recover your breath during the swim rather than at the wall

GOAL: Speed bursts with easier pull/buoy swimming for recovery and endurance building

Warm -up:
100 yds (4 laps) easy swimming, clearing your head and organizing your goggles.
200 Drills: Your choice based on your purpose/limiters
   Catch-up, Finger-tip Drag Drills, Side Swimming with extended arm balance (9-3-9s).
100 Pull Set – use buoy, set strong arm pull and body rotation, add core and glute strength.

**PULL = freestyle swim using buoy. Use only arms and core, hence it is called a pull
** RI = Rest Interval (the amount of time you rest between efforts or drills)
** BASE = the amount of time you have to do the swim **and** rest
   Ex. :45 base gives you 45 seconds to swim one length, rest and start the next length

Buoy use reminders!
• The buoy is a tool, not a toy or floatation device. Use it to develop good balance and core.
• Squeeze your butt cheeks together like you are holding in a fart! Better core/pelvic engagement.
• Don't get addicted to the buoy. Focus on balance and core/lat/back muscle development.

1200 yd Swim	2500 yd Swim
400 warm-up + skills as outlined above	400 warm-up + skills as outlined above
4x25 moderate intensity w/ :15 RI	4x25 moderate intensity w/ :15 RI
100 PULL easy intensity	200 PULL easy intensity
4x25 on :45 base	4x25 hard on :30 or :45 base
100 PULL easy intensity	200 PULL easy intensity
RI 1:00	RI 1:00
4x50 on 1:30 base	4x50 hard on 1:30 base
100 PULL easy intensity	200 PULL easy intensity
RI 1:00	RI 1:00
2x100 on 2:30 – 3:00 base (swimmer choice)	4x100 hard on 2:00 – 2:30 base (swimmer choice)
100 PULL easy intensity	200 PULL easy intensity
RI 2:00	RI 2:00
	4x25 hard on :30 or :45 base
50 Easy Intensity - TIMED for curiosity 50 All Out Hard – TIMED for curiosity *what's the difference in your easy vs hard times?	100 Easy Intensity - TIMED for curiosity 100 All Out Hard – TIMED for curiosity *what's the difference in your easy vs hard times?
100 PULL easy for cool down	200 PULL easy for cool down