

SESSION FOCUS

Open Water

From your pool experience you know how much time it takes to swim 200 at the given paces. Look ahead in the open water and estimate a distance of 200. Do your estimated distance and time coincide? Estimating distance and swim time in open water is a handy skill.

Distance: 1600

EQUIPMENT

None or wetsuit if lake/sea swim.

WARM UP

200 SIGHT EVERY 4 STROKES

200 SWIM TO SHORE : 30RI

MAIN SET

200 BUILD

200 B-4 :30RI

200 15-STROKE BUILD

200 DPS

400 SIGHT EVERY 10 STROKES

WARM DOWN

Static stretches on shore or side of the pool.

Key:

RI = Rest Interval

Pull = Swim with Pull Buoy concentrating on hand entry, catch and pull phases.

K = Kick. Do this with fins and no kick board.

SI = Swim Interval. Includes both the swim time and the rest time.

T-PACE = Time Trial pace.

N/S = Negative Split.

DPS = Distance Per Stroke. Maximise the distance that each arm can propel the body.

Count the number of strokes per 25m.

COUNT = Count strokes per lap.

DRILLS = As per Swimsmooth.

MOD = Moderate pace, zone 3 effort.

DESC 2-2-2 = Descending speed every 2 sets.

B-4 = Breath every 4 strokes.

