

RUGBY TRIATHLON CLUB – SWIM PROGRAMMES

These programmes are aimed to give you a guide to a session, and so do not take the place of a coach. For an individual swim programme to help you improve on a specific distance, please speak to one of the club coaches.

Session 1 (easy)

Warm Up 10 lengths easy swim, 10 lengths pull

Main Set 10 * 4 lengths - sprint last length
Off 2.00 (if this is too fast/slow then aim for 15secs rest)

Swim Down 10 lengths start off at similar pace to previous set finish at zero effort.

Total 1750m

Session 2 (intermediate)

Warm Up 10 lengths swim, 10 lengths pull

Skill 6 * 2 lengths kick with kick board 20 secs rest.

Main Set

2 * 2 lengths	10 secs rest	} Aim to maintain same speed throughout the whole set
2 * 4 lengths	15 secs rest	
2 * 8 lengths	20 secs rest	
1 * 16 lengths		

Swim down 10 lengths

Total 2150m

Session 3 (intermediate)

Warm Up 10 lengths easy swim

Main set 1 5 * 8 lengths 30 secs rest

Main set 2 10 * 4 lengths 15 secs rest

Swim down 10 lengths

Total 2500m

Session 4 (intermediate)

Warm Up 10 lengths easy swim
Main set 6 * 12 lengths 30 secs rest
Swim down 10 lengths
Total 2300m

Session 5

Warm up 10 lengths easy swim
Main set Next year's race distance – no rest
 Take time; aim to do this every 5-6 weeks to check on improvement.

Aim for the next 2-3 months is to be able to comfortably complete the distance you will race next year. To be able to race comfortably you need to either be able to swim 1.5 –2 times the distance OR regularly swim the race distance at race pace.

You do not need to swim the distance non-stop in every training session, in fact it is better to break the distance up into more manageable sections and keep the intensity (speed) higher.

Always try to complete the distance even if it means slowing down or taking more rest. Once you can complete the distance at race pace resting every 5 lengths gradually add some 10s in until it all tens then some 20s.....

Eg:

If your race distance is 1500m and you want to complete in 30 minutes

A) 15 * 4 lengths off 2.15

B) 5 * 4 lengths off 2.15
 3 * 8 lengths off 4.15
 4 * 4 lengths off 2.15

C) 8 * 8 lengths off 4.15

D) 2 * 8 lengths off 4.15
 2 * 16 lengths off 8.15
 2 * 8 lengths off 4.15

E) 4 * 16 lengths off 8.15

F) 2 * 32 lengths off 16.30

G) 64 lengths

By going off a time you can increase the amount of rest you get by swimming faster. Equally you will know that you are slowing down if your rest period gets less. If you are swimming more than 3 times per week you also need to incorporate other strokes into your training to avoid injury – this can be part of your warm up and swim down.