



SWIM

Speed Intervals

Session Sport: Swimming

Period: Build, Peak

Session Classification: Speed, Strength

Session Objective: Build speed and aerobic efficiency by reducing rest between set repetitions

Session Duration: *depends on individual pace

Warm-up – 800 meters

2 x 200 free	Rest 15seconds
8 x 50 kick with board	Rest 5 seconds

Main set – 1000 meters

4 x 100 free *HARD*	Descending rest periods: 30s, 20s, 10s
6 x 50 free *HARD*	Descending rest periods: 2(15s), 2(10s), 5s
2 x 150 free *HARD*	Rest 10s

Cool-down – 200 meters

1 x 200 kick with board

Total:

2000 meters

Notes:

- Use a timing device (watch, HRM, GPS, etc.) to 'lap' each repeat of each set
- Recap session by tracking the time it took you to swim each repeat; look for improvements over multiple identical sessions
- **Progressions:** faster pace, fewer breaths during each pool length, add reps to the main set, decrease rest time to main set repeats
- **Regressions:** slower pace, less repetitions for each set, add rest time as needed, remove repetitions from warm-up or cool-down