



## SWIM

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### Speed Intervals

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**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

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#### Warm-up – 1200 meters

2 x 200 free	Rest 15seconds
8 x 50 paddles	Rest 10 seconds
8 x 50 kick with board	Rest 5 seconds

#### Main set – 1600 meters

6 x 100 free *HARD*	Descending rest periods: 30s, 20s, 15s, 10s, 5s
8 x 50 free *HARD*	Descending rest periods: 2(15s), 3(10s), 2(5s)
4 x 150 free *HARD*	Descending rest periods: 15s, 10s, 5s

#### Cool-down – 400 meters

1 x 200 kick with board  
1 x 200 free

**Total:**

**3200 meters**

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#### 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