



SWIM

Base Tempo – Long & Short Sets

Session Sport: Swimming

Period: Base, Peak, Taper

Session Classification: Tempo

Session Objective: Maintain aerobic efficiency and reinforce mental confidence in the water

Session Duration: *depends on individual pace

Warm-up – 600 meters

2 x 200 free	rest as needed
1 x 200 kick	

Main set – 800 meters

2 x 200 free	rest 15 seconds, or as needed
8 x 50 free	rest 5 seconds, or as needed

Cool-down – 200 meters

1 x 200 kick

Total:

1600 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