

Workout 1. Endurance/Technique 1400 y/m

This swim is designed to increase your endurance and feel for the water. It is a low intensity workout, and can also aid recovery from tough run or bike workouts.

Warm Up:

1 x (100 Pull in Z2 + 100 Drill in Z2 + 20 secs rest),
1 x (100 Drill in Z2 + 100 Pull in Z2 + 20 secs rest).

Main Set:

1 x (50 Kick in Z2 + 50 Kick in Z4 + 20 secs rest),
2 x (200 Drill in Z2 + 100 Pull in Z2 + 15 sec rests),
1 x (50 Kick in Z2 + 50 Kick in Z4 + 20 secs rest).

Warm Down:

1 x (50 Breast in Z2 + 50 FS in Z2),
1 x (50 Back in Z2 + 50 FS in Z2).

Swim Training Zones

Zone 1 (Z1). Easy. Effort level: 1 or 2 out of 10.

Zone 2 (Z2). Steady. Effort level: 3 or 4 out of 10.

Zone 3 (Z3). Moderately Hard. Effort level: 5 or 6 out of 10.

Zone 4 (Z4). Hard. Effort level: 7 or 8 out of 10.

Zone 5 (Z5). Very Hard. Effort level: 9 or 10 out of 10.

Abbreviations:

“**FS**” means swim Freestyle. “**Pull**” means swim freestyle with a pull float between your thighs. “**Kick**” means kick on your front, holding a float in your outstretched arms. “**Drill**” means do a swim technique drill of your choice. For best swim drills, see our [blog and videos here](#). “**Choice**” means you can do whatever stroke you like, usually as a recovery.

Workout 2. Threshold Workout 1600 y/m

These workouts involve a main set of efforts at (or near) your 1500 race pace, but broken into small blocks with plenty of rest. They will boost your speed and increase your ability to hold a fast pace for longer.

Warm Up:

- 1 x (50 Pull in Z2 + 50 Pull in Z2 + 10 secs rest),
- 1 x (50 FS in Z2 + 50 FS in Z3 + 15 secs rest),
- 1 x (50 Pull in Z2 + 50 Pull in Z4 + 15 secs rest).

Main Set:

- 1 x (400 FS in Z4 + 30 secs rest),
- 1 x (300 Pull in Z4 + 30 secs rest),
- 1 x (200 FS in Z4 + 30 secs rest),
- 1 x (100 Pull in Z4 + 30 secs rest).

Warm Down:

- 1 x (100 Pull in Z2 + 100 FS in Z2),
- 1 x (100 Choice in Z2).

Swim Training Zones

- Zone 1 (Z1). Easy.** Effort level: 1 or 2 out of 10.
- Zone 2 (Z2). Steady.** Effort level: 3 or 4 out of 10.
- Zone 3 (Z3). Moderately Hard.** Effort level: 5 or 6 out of 10.
- Zone 4 (Z4). Hard.** Effort level: 7 or 8 out of 10.
- Zone 5 (Z5). Very Hard.** Effort level: 9 or 10 out of 10.

Abbreviations:

“**FS**” means swim Freestyle. “**Pull**” means swim freestyle with a pull float between your thighs. “**Kick**” means kick on your front, holding a float in your outstretched arms. “**Drill**” means do a swim technique drill of your choice. For best swim drills, see our [blog and videos here](#). “**Choice**” means you can do whatever stroke you like, usually as a recovery.

Workout 3. Recovery Swim 1800 y/m

This session is carried out at a lower intensity providing the opportunity for recovery and to focus on technique.

Warm Up:

1 x (100 FS in Z2 + 100 Drill in Z2 + 5 secs rest),
2 x (50 Breast in Z2 + 50 Back in Z2 + 5 sec rests).

Main Set:

1 x (100 FS in Z2 + 100 Pull in Z2 + 15 secs rest),
1 x (200 FS in Z2 + 200 Pull in Z2 + 15 secs rest),
1 x (200 FS in Z2 + 200 Pull in Z2 + 15 secs rest),
1 x (100 FS in Z2 + 100 Pull in Z2 + 15 secs rest).

Warm Down:

1 x (200 Choice in Z2).

Swim Training Zones

Zone 1 (Z1). Easy. Effort level: 1 or 2 out of 10.

Zone 2 (Z2). Steady. Effort level: 3 or 4 out of 10.

Zone 3 (Z3). Moderately Hard. Effort level: 5 or 6 out of 10.

Zone 4 (Z4). Hard. Effort level: 7 or 8 out of 10.

Zone 5 (Z5). Very Hard. Effort level: 9 or 10 out of 10.

Abbreviations:

“**FS**” means swim Freestyle. “**Pull**” means swim freestyle with a pull float between your thighs. “**Kick**” means kick on your front, holding a float in your outstretched arms. “**Drill**” means do a swim technique drill of your choice. For best swim drills, see our [blog and videos here](#). “**Choice**” means you can do whatever stroke you like, usually as a recovery.

Workout 4. Endurance/ Technique 1800 y/m

This swim is designed to increase your endurance and feel for the water. There are a few harder efforts, but most of it should feel easy or steady.

Warm Up:

1 x (100 Pull in Z2 + 100 Drill* in Z2 + 5 secs rest),
1 x (100 Drill in Z2 + 100 Pull in Z2 + 5 secs rest).

Main Set:

2 x (100 Pull in Z2 + 100 Drill in Z2 + 5 sec rests),
1 x (50 Kick in Z2 + 50 Kick in Z4 + 10 secs rest),
2 x (200 Drill in Z2 + 100 Pull in Z2 + 5 sec rests),
1 x (50 Kick in Z2 + 50 Kick in Z4 + 10 secs rest).

Warm Down:

1 x (50 Breast in Z2 + 50 FS in Z2),
1 x (50 Back in Z2 + 50 FS in Z2).

Swim Training Zones

Zone 1 (Z1). Easy. Effort level: 1 or 2 out of 10.

Zone 2 (Z2). Steady. Effort level: 3 or 4 out of 10.

Zone 3 (Z3). Moderately Hard. Effort level: 5 or 6 out of 10.

Zone 4 (Z4). Hard. Effort level: 7 or 8 out of 10.

Zone 5 (Z5). Very Hard. Effort level: 9 or 10 out of 10.

Abbreviations:

“**FS**” means swim Freestyle. “**Pull**” means swim freestyle with a pull float between your thighs. “**Kick**” means kick on your front, holding a float in your outstretched arms. “**Drill**” means do a swim technique drill of your choice. For best swim drills, see our [blog and videos here](#). “**Choice**” means you can do whatever stroke you like, usually as a recovery.

Workout 5. Threshold Workout 2200 y/m

Warm Up:

- 1 x (150 FS in Z2 + 50 FS in Z4 + 10 secs rest),
- 1 x (100 FS in Z2 + 100 FS in Z4 + 10 secs rest),
- 1 x (50 FS in Z2 + 150 FS in Z4 + 15 secs rest),
- 1 x (100 FS in Z4 + 10 secs rest).

Main Set:

Repeat 2 sets of 500 as below with an extra 30 second rest between sets:

- 1 x (100 FS in Z2 + 5 secs rest),
- 1 x (100 FS in Z3 + 5 secs rest),
- 1 x (100 FS in Z4 + 5 secs rest),
- 1 x (100 FS in Z5 + 5 secs rest),
- 1 x (100 Pull in Z2 + 5 secs rest).

Warm Down:

- 1 x (100 Kick in Z2 + 100 FS in Z2 + 5 secs rest),
- 1 x (50 Back in Z2 + 50 Breast in Z2 + 5 secs rest),
- 1 x (200 Choice in Z2).

Swim Training Zones

Zone 1 (Z1). Easy. Effort level: 1 or 2 out of 10.

Zone 2 (Z2). Steady. Effort level: 3 or 4 out of 10.

Zone 3 (Z3). Moderately Hard. Effort level: 5 or 6 out of 10.

Zone 4 (Z4). Hard. Effort level: 7 or 8 out of 10.

Zone 5 (Z5). Very Hard. Effort level: 9 or 10 out of 10.

Abbreviations:

“**FS**” means swim Freestyle. “**Pull**” means swim freestyle with a pull float between your thighs. “**Kick**” means kick on your front, holding a float in your outstretched arms. “**Drill**” means do a swim technique drill of your choice. For best swim drills, see our [blog and videos here](#). “**Choice**” means you can do whatever stroke you like, usually as a recovery.

Workout 6: Aerobic Endurance 2800 y/m

These sessions are done at lower intensities. The goal is to build your endurance.

Warm Up:

2 x (100 FS Breathe every 3 strokes in Z2 + 15 sec rests),
1 x (100 Pull in Z2 + 100 Drill in Z2 + 15 secs rest),
2 x (100 FS Breathe every 5 in Z2 + 15 sec rests).

Main Set:

2 x (400 FS in Z2 + 50 FS in Z4 + 10 sec rests),
2 x (200 Pull in Z2 + 100 FS in Z3 + 10 sec rests),
2 x (100 FS in Z2 + 50 FS in Z4 + 10 sec rests),
1 x (100 Pull in Z2 + 100 FS in Z4 + 10 secs rest).

Warm Down:

1 x (200 Choice in Z2).

Swim Training Zones

Zone 1 (Z1). Easy. Effort level: 1 or 2 out of 10.

Zone 2 (Z2). Steady. Effort level: 3 or 4 out of 10.

Zone 3 (Z3). Moderately Hard. Effort level: 5 or 6 out of 10.

Zone 4 (Z4). Hard. Effort level: 7 or 8 out of 10.

Zone 5 (Z5). Very Hard. Effort level: 9 or 10 out of 10.

Abbreviations:

“**FS**” means swim Freestyle. “**Pull**” means swim freestyle with a pull float between your thighs. “**Kick**” means kick on your front, holding a float in your outstretched arms. “**Drill**” means do a swim technique drill of your choice. For best swim drills, see our [blog and videos here](#). “**Choice**” means you can do whatever stroke you like, usually as a recovery.

Workout 7. Critical Swim Speed (CSS) Test

This swim test helps you to measure your fitness and create accurate training zones. CSS is a gold standard measure of endurance swimming fitness. Your CSS refers to the best pace per 100, that you could hold during a 1500 time-trial.

A CSS test involves swimming a 200 and a 400 time-trial, with a few minutes rest in between.

Step 1: Do the test (see workout below).

Step 2: Enter your 400m and 200m times into our [online CSS Calculator](#) to create your Training Zones.

Warm Up:

4 x (50 FS easy + 20 sec rests),
2 x (25 FS hard + 25 FS easy + 20 sec rests).

Main Set:

1 x 400 FS maximal effort time trial, record your time,

5 mins easy active recovery,

1 x 200 FS maximal effort time trial, record your time,

1 min rest.

Warm Down:

100 Easy Choice

Abbreviation: "FS" means swim Freestyle.