

Workouts By Ellen Parchen

Coach Ellen's getting ready for outdoor season workouts:

My swimmers do this test set both outside in the 50 m pool and indoors both pre and post outdoor season. Sometimes it is hard for us to sort out how our swimming has improved without specific test sets. This is one of those great test sets that you hate in the middle, but it continues to offer great insight on training work through the season and into transition seasons. Don't wait to "get in shape" to do this set - better results come from earlier use (:P)

What is your T-Pace?? Test Pace?

This is a great test set to do early, mid and late season to check your improvements.

For sprint distance or recreational swimmers:

4 x 100 all out @ 2:00 rest (should be at least equal rest for swim, modify as needed)

For long distance open water swimmers:

3 x 200 FAST!!! (as much as all out can be early season in a 200; again on 2:00 rest)

Then find the average of those swims for **your T-pace time** (once you find your T pace, a great idea is to join someone else with a similar pace so that you can help each other train better). I am a huge advocate of positive peer pressure vs training on your own :)

Warmup: 400 swim;

6 x 100 (mix Kick, Pull, Swim)

6 x 50 Drill/swim

(scull/ polar bear = underwater Freestyle recovery)

6 x 50 alt OK = over kick ("kick more than you think you want to") drill/swim
(1600)

400 pace (82.5% effort)

5 x 100 pace @ 2:00

Test set:

4 x 100 all out FAST!!! @ 2:00 rest

200 easy pull

(1500)

Mop up with quality:

3 x 100 (25 drill/ 75 swim) @ :20R

4 x 150 (50 fast k/100 swim) @ :20R

Using the Tpace in a set:

Warm up: 400 swim;

6 x 100 (mix KPS)

6 x 50 Drill/swim

(scull/ polar bear)

6 x 50 alt OK drill/swim

Main set:

400 swim or pull find your power from mid to finish
4 x 100 @ T-pace +:05 sec @ :20 rest

300 swim or pull; focus on DPS w/ power
3 x 100 @ T-pace +:03 @ :15 rest

200 swim (no pull) focus on steady kick (helps release lactic acid build up)
2 x 100 @ T-pace @ :20 rest

400 swim or pull to shake loose

Congratulate yourself and lanemates :)