

SCIENCE BASED SETS

DIRT

ENDURANCE					CONSIDERATIONS	SPEED		
REC	EN ₁	EN ₂	EN ₃		CATEGORIES	SP ₁	SP ₂	SP ₃
warm-up/ warm-down	pace	endurance base	distance 1500		EVENTS	400- 1500	100-200	25-50
	aerobic base	anaerobic threshold	MVO ₂ base		PHYSIOLOGY	Lactate Tol.	Lactate Prod.	Alactate
1	100-800	300-1000	100-500	50-300	DISTANCES+	50-200	50-100	10-25
2	1-8	1-8	6-15	6-10	REPEATS	5-8	4-8	6-20
3	5-10 sec. rest	10-30 sec. rest	10-40 sec. rest	20 to 1:1 sec. rest	WORK:REST RATIO	1:1 to 1:2	1:2 to 1:8	
4	to 120	120-150	140-170	160-180	HEARTRATE	Max.	Max.	NA
	8-10	10-11	12-13	13-15	PERCEIVED EXERTION	15-17	17-19	10-20
	WHITE	PINK	RED 1-2	BLUE 1-2	CATEGORY POSTER	GOLD*	GOLD*	GOLD*
10-20 min.	15-60 min.	15-60 min.	10-30 min.		IDEAL TOTAL SWIMMING TIME IN CATEGORY	5-15 min.	5-10 min.	1-10 min.
800	DRILLS	12x400 @ 10-40SR	10x200 @ 30- 60SR		SAMPLE	8x100@ 2 min.	5x100@ 3 min.	12x12@ @ 1 min.
		T30			PREDICTOR SETS	6x200@ 5	6x50@ 2 5x100@ 3	

D = distance/swim (1)

I = work:rest interval (3)

R = repetitions in set (2)

T=swim time (4)

WRITE SIX SETS as simple as 1-2-3-4

EN1

__ X __ () @ __

(2) (1) (4) (3)

EN2

__ X __ () @ __

(2) (1) (4) (3)

EN3

__ X __ () @ __

(2) (1) (4) (3)

SP1

__ X __ () @ __

(2) (1) (4) (3)

SP2

__ X __ () @ __

(2) (1) (4) (3)

SP3

__ X __ () @ __

From the USA Swimming – Training Design Handbook - 1993