



Session Plan 131

Short and Sharp



Date: 8 August 17

Safety Briefing

Take care in slippery tiled change areas and pool deck.

Session Introduction

This week, we continue to push our upper limits, using zone 5 'VO2' for a couple of short reps (think of this as being faster than race pace if you're less familiar with HR zones) and recovering in zone 2 three short reps, allowing heart rate to recover actively. All rests 20seconds / 50m swim.

Warm Up:

200m easy pace

Technical set:

4 x 50m Head-up life-saver (Tarzan drill) going up the pool, swim back with catch focus.

Main set:

2 x 50m Zone 5 20 seconds rest after each

3 x 50m Zone 2 20 seconds rest after each

Repeat the above 4 – 8 times

Warm down:

200m Very easy

Total Volume:

1600m – 2600m

Coaching Points:

Swim the zone 5 reps at above race pace and really feel the difference on the zone 2 efforts and allow your heart rate to continue to recover while swimming easy (rather than extending the rest period). Be disciplined with 20 second rests.

<https://www.youtube.com/watch?v=t7hrKkxjhSc&t=32s>