



Stockport Swimming Club

Training Tip !

Top tip: Consider the advantages of training on a specific time rather than a rest interval

- When swimming with a specified rest interval (for example, 15 seconds after every 100m), pace is liable to drop with each interval repeat.
- Taking the same amount of rest each time therefore 'rewards' you for dropping pace by giving you a longer total 'swim plus rest' time.
- For a long distance swim, the result will be for your pace to gradually slow down (as it has been trained to do).
- Swimming to a set time interval encourages a steady pace by forcing an increase in the level of exertion required to maintain it. The body is pushed to maintain a set pace for a longer period with less rest.
- For a long distance swim the result will be to maintain pace for a longer period (the body has been trained to clear lactic acid from the body more effectively and maintain 'threshold' pace).
- For those wishing to improve overall speed, it is possible to measure progress by gradually reducing the set repetition time.
- For all swimmers, swimming off a specific time might add interest and improve motivation.

Example : A swimmer swimming 10x100 with 10 seconds rest after each one might start off taking 1:45 for the first 100, and pushing off after 1:55. Towards the end of the set, they might be taking 1:55 for the swim, and pushing off after 2:05, hence the swimmer has an additional 10 seconds per 100 and 'learns' to slow down. Alternatively, if the swimmer were to repeat each 100 every 2 mins, this helps to maintain the initial pace by increasing focus and awareness, which assists with improvement.