

web workout

Cruise interval is how we divide up our lanes and scale our workouts. If we give you a large number of 100s free, say 10 or 20 of them, what kind of send off interval can you support all day long at about 70-75% effort, consistently getting between 5 and 10 seconds rest per 100? That's your cruise interval. Another way to look at cruise interval is if you swim a 1000, what's your average pace per 100?

To adjust for different strokes, distances and intensity levels though the sets, we add or subtract time from the overall cruise interval for that distance. For example, 200 freestyle on a cruise+5 seconds pushes us up to and past the aerobic threshold. A 200 IM repeat set might have us sent off at cruise+30 seconds. We might do 50s on cruise+2:00 if we want to do a high intensity best average set. If your 100 cruise is 1:30 per 100, those 50s would be on 2:45.

Here is a recent set of pace work we did in a 25-meter pool. While folks often think purely freestyle when it comes to pace work, swimmers who do 200s of other strokes in meets need to focus on pace as well, perhaps even more so. We have many triathletes on our team, so there is a lot of emphasis on longer freestyle sets, but we like to sneak in that curveball they call non-freestyle. *by Coach Chris Campbell, Mountain View Masters*

Warm-up

- 600 choice

Drill Set

- 3 x 50 swim maximum distance per stroke, with 10 seconds rest between each
- 3 x 100 (50 swim/50 kick) with 10 seconds rest
- 3 x 150 (50 swim/50 kick/50 drill of choice) with 10 seconds rest
- 3 x 50 swim on cruise+15 seconds

In each group of three, the first is freestyle, the second is a non-freestyle stroke, and the third is swimmer's choice

Main Set

Part 1—Pacing for a 400-meter Freestyle

- 1 x 400 on cruise+20 seconds
- 2 x 200 on cruise+20 seconds
- 4 x 100 on cruise+20 seconds

The goal is to establish a solid and steady pace on the 400, and to either maintain it or build it as the set progresses and the distances get shorter and the rest increases. Additionally, if you gear up, swim through this portion of the set in the same configuration. If you're pulling, pull it all. If you're using fins, keep them on.

100 easy and regroup

Part 2—Pacing for a 200-meter Non-freestyle Event

- 1 x 200 on cruise+40 seconds
- 2 x 100 on cruise+30 seconds
- 4 x 50 on cruise+20 seconds

If you are doing the same stroke throughout this portion of the set, the same goals apply. If you are doing IM, rather than maintaining the same consistent pace all the way through this section, maintain the level of effort instead. Some of your strokes will be faster than the others. In addition, if you are doing IM, do the 100s as 50 fly/50 back, 50 breast/50 free, and do the 50s in IM order.

Last Set

- 100 easy
- 10 x 25 with 15 seconds rest between each

Odds: breath control freestyle (3 or fewer breaths) Swim at your 400 pace from above.

Evens: easy, choice of strokes

Warm-down

- 100 easy

Total

4000 Meters