



Anaerobic Training

Race Pace

Anaerobic Training Review

- Detailed advice available at :
<https://offtheblocks.info/technical/guide-anaerobic-training/>
- Anaerobic Training is planned within our programs to develop speed
- Ensure age, ability, event & developmental differences are all met
- Foundation work to prepare for senior swimming

Anaerobic Training within an Age Group / Youth Program

- All energy systems are trained collectively
- Age group swimmers need to maintain a very high level of Aerobic capacity
- Capillarisation and Cardiovascular development must not be compromised
- Anaerobic training is achieved with **Race Pace** emphasis
- Anaerobic sets should be used sparingly with age groupers & be shorter than for Senior athletes
- Consider monitoring with Effort levels stroke counts' as well as times



Planning Anaerobic Race Pace Training

- Identify Event
- Use season target time
- Use the Speed Charts at OffTheBlocks
- Construct sets accordingly

Anaerobic Training within an Age Group / Youth Program

- Use preparation or 'build' sets to develop ability to train
- Train the athlete's to understand their own Effort / Energy levels by
 1. Time
 2. Stroke Rate / Count
 3. Heart Rate
- Plan specific sets for specific races

Race Pace 400 Medley

Athlete – 400 Medley swimmer

Season Target – 4:42

Set

3 Rounds

50 Fly off Blocks TT 31 to feet + 50 easy return @2:30

100 Bk TT 1:12 to feet @2:30

100 Br TT 1:15 to Feet @ 2:30

50 Free TT 29 to hand @ 2:30

Race Pace 400 Medley – Preparation

Set 1

3 x 50m Fly Build by stroke rate 40 /44/48

1 x 100 Fly Median Rate

100 Recover

Repeat through Medley Order (Without Free)

Set 2

4 x 150 as 100m firm (Heart rate 30bpm) + 50m @ 400 pace through medley order

3 x 100 Medley cross over @ 1:55

1500m Race Pace Set

Set

3 x 1500m As :

3x 500m @ 7:00

Descend Pace 5 – 3

5 x 100m @ 90 Pace 2

500m as 200 Pace 4 200 pace 3 + 100 easy

500m pace 2

1500m progressive through 500's

500 pace 3 500 pace 2 500m pace 1

Pace

Pace 1 = 1500 split pace + 1

Pace 2 = 1500 split pace + 2

Pace 3 = 1500 split Pace +3

Pace 4 = 1500 split pace + 4

Pace 5 = 1500 split pace + 5

1500m Race Pace Set – Preparation

Sets

15 x 100m @ 1:45

Descend Pace 5 – 1 in 3's

15 x 100m decrease turnaround by 5 secs per repeat

To TT + 5 Holding Pace 1

5 x 500m as Pace 4 or 5 / Pace 1

100/400

200/300

300/200

400/100

500/0

Pace

Pace 1 = 1500 split pace + 1

Pace 2 = 1500 split pace + 2

Pace 3 = 1500 split Pace +3

Pace 4 = 1500 split pace + 4

Pace 5 = 1500 split pace + 5



Summary

Short Swims – Long rest can include active rest

Challenge swimmers to hit full speed including when fatigued

Stroke / Event specificity is required

Think about how you prepare athletes to succeed

Be Creative – Challenge your swimmer & yourself