

## THE POWER SWIM WORKOUT

### Maximise Your Swim with this No-Frills, Easy-To-Do Swim Workout

How best can you utilise a maximum of 30 minutes for a swim workout that is going to produce results? If you want to benefit from a short lunchtime swim workout and make it count, you've got to swim fast and swim hard. If you intend to just plod along and do some slow laps in the pool, it's probably not worth the effort.

The aim of any beneficial lunchtime swim workout is to train at your maximum aerobic capabilities when doing the short and sharp intervals. Anything less than short and sharp is best left for when you have the time to put in a longish session.

### Super 30-minute Swim Workout:

- Start with a hard 200m swim as your warm up. This is to simulate race conditions where heart rate goes from resting to anaerobic within seconds. This 200m swim will get the blood flowing and ready for more action
- **REST 1 minute only**
- 8 x 25m maximum effort sprints, rest 5 seconds at each wall. After 4 sprints, take an extra 20 second rest to break the set of 8 into two groups of 4 each
- **REST 30 seconds only**
- Kick with a board 4 x 25m hard kick efforts, resting 10 seconds at each wall. The legs need to burn so make it count. Only 4 but they are maximum effort.
- **REST 1 minute only**
- 200m recovery with pull-buoys (pulling so you get a chance to rest the legs). This is the easiest part of the whole programme
- **REST 30 seconds only**
- 4 x 75m efforts (25m freestyle at moderate pace followed by 25m butterfly or breaststroke if you cannot swim butterfly at moderate pace, followed by 25m freestyle sprint as hard as you can to finish off)
- Rest 20 seconds after each 75m effort
- **REST 1 minute only**
- 200m easy recovery swim using stroke drills (1 arm pull left/ 1 arm pull right)
- **REST 30 seconds only**
- 200m race effort. Match your time for this interval with the 1<sup>st</sup> 200m interval you did to start the program off with.
- **REST 1 minute only**
- 3 x 100m recovery using either paddles or your pull buoys, rest 10 seconds after each one and the pace is easy. Get the heart rate down before you climb out of the water

Total distance: 1500m (Short but oh so hard!)

---

You cannot do this specific session day after day but with a rest from a swim day or two in between, you can hammer this session repetitively and you will see the gains come your way.

## **AVOID LOW BLOOD SUGAR**

There is a good chance that you will really struggle if you go and do the workout without some adequate nutrition in the system. You don't want a full lunch but you will certainly need some form of energy reserves to tackle this power swim. Even though you may not feel hungry, it's important that you increase the blood sugar on your way to the swimming pool. An energy bar or sandwich made with peanut butter and syrup (or equivalent) together with a 200ml to 300ml drink of a sugar-based soft drink will do the trick. Eat and drink this at least 30 minutes before you start the swim workout. Light enough to ensure you don't feel full when you get in the pool but substantial enough to ensure that your gas tank has some juice in it to maximise this workout.