

# SWIM

trek**women**  TRIATHLON SERIES

an Xterra Mile LLC property

# SWIM

## SWIM SKILLS and SWIM TRAINING

Training for the swim in a triathlon consists of two parts: skill development and cardio fitness endurance. Begin working with skills as you develop cardio; in the final weeks, switch your emphasis to cardio endurance. The Trek Women Triathlon sprint swim distance is a half-mile (17 laps of a 25 yard pool).

The skill component of swim training for triathlon includes: body position, breathing, the freestyle stroke (pulling and kicking), swimming straight, safety and sighting. To develop these skills take lessons, videotape your stroke, watch other swimmers, watch videos, hire a coach, join a team and get on a program.

It's easy to understand the cardio-endurance component for swimming by remembering the acronym LIFT:

- L = "Load"** (the amount of swimming that is optimal for your fitness level)
- I = "Intensity"** (the "training zone" typically measured with a heart rate monitor)
- F = "Frequency"** (the number of workouts per day or per week)
- T = "Time"** (the number of minutes per workout that you actively swim)

In Heart Zones Training, the "Training Load" is expressed in Heart Zones Training (HZE) Points following the LIFT equation:  $L = I \times F \times T$

## SWIM TIPS

- Don't hesitate to ask for pointers from experienced triathletes or swimmers on how to improve your stroke. Many athletes would be happy to share their knowledge.
- Log your swim workout so you can measure improvement.
- Practice swim drills to improve both your speed and your efficiency.
- Swimming in open water *in a group* is important before the race.
- Get open water swim goggles to improve your sighting and comfort.

## ESSENTIAL SWIM GEAR

Goggles	Swim cap
Swim suit or trisuit	Timing chip & strap

### Optional

Wetsuit	Goggle defogger
Heart rate monitor or chronograph	

### T1

(swim-to-bike, or 1st, transition)	
Towel	Race number pinned to front of shirt or secured with Race belt
Energy food	

### Optional

Race belt	Sunglasses
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## SAMPLE WORKOUT

### Interval Swim

Training Time*	Description	Zones	Duration (min)	Distance (yd)
10% Warm-up	Easy swim and stretch	Z1	5	~
10% Skill Set	Stroke mechanic drills	Z2	5	~
70% Main Set	2 lengths swim fast reaching 80% 1 length swim recovery down to 60%	Z3 Z2	15-30	500-1000 yds
10% Cool Down	Easy swim and stretch	Z1-2	5	~
<b>Summary:</b>			<b>30-45 min</b>	<b>500-1000 yds</b>