



Test Sets

As we move through the course of our competition season, coaches (and hopefully swimmers) are looking to assess how their training is progressing. It is easy to use results from meets as a measure, but it is even more important to gather critical information in an environment where you spend most of your time: the practice pool! We need to be sure that the training program we implement helps the swimmers achieve their goals.

Trying to be as current as possible, let's use the Maps/Directions feature on your smart phone as an example and relate that to what we are trying to accomplish. To start, you need to provide an origin and destination on your phone, you click a button and the map magically appears. For us, our origin is the beginning of the season and the destination is our goal for the end of the season. However, in swimming there is no magic for us to get there. Similar to the directions that appear on your phone, the coaches provide a road map – the seasonal training plan. If you somehow go off course while driving, the app recalibrates and determines how to get back on course. Likewise, we assess your development throughout the season and make changes where necessary. In order to do this, we incorporate test sets during the training cycle so we can measure your progress. It is imperative that the athletes understand the importance of these sets, embrace the effort expected, and strive to perform at their highest level.

Here are a few test sets that we incorporate into our practices for the intermediate and advanced groups:

Test Set #1

3 x 100 @ 1:30 (swimming at an aerobic pace)
200 easy recovery swim
3 x 100 @ 1:45 (swimming at threshold pace)
200 easy recovery swim
3 x 100 @ 2:00 (swimming at VO2 speed)
200 easy recovery swim
5 mins rest
1 x 100 @ maximum effort (race speed)
race day cool down swim

