



Sets, repeats, distance, times – oh & rest!

With lots of people swimming together and different lanes swimming on different paces it is often necessary to read what the session ahead has in store for you so you understand what you are doing. Lets use the following as an example:

20 x 50 on 50

5 x 100 on 1.30

What this means:

First number: 20

This is how many times you do the distance (repeats)

Second number: 50

This is the distance = 50m or 2 lengths, or up and back

Third number: on 50

This is how much time you have to swim and rest before you go again.

5 x 100 on 1.30 is therefore:

100m (4 lengths), swim and rest within 1 minute 30 before you go again 5 times through.

The whole thing is a set: 50 x 50 on 50

5 x 100 on 1.30 X2

All those 50's and 100's combined is called a set and in this instance x2 means you repeat the whole set twice. So you do 20 x 50m then 5 x 100m then start at the beginning again. Phew – I'd be pooped after that!

Simple facts:

- If it says 25, 50, 100 or whatever the specific distance:
You should stop after that distance and rest. 4 x 50 does not mean keep swimming for 200m without stopping.



- If it says 4 x 50 swum as: 25 back, 25 breast
The rest is still after the 50, the other information is the detail as to how you should swim the 50.

Lets take this one step further and add in more lanes and more rest

:	LANE 1	LANE 2	LANE 3
20 x 50	on 50	on 1.15	+10
5 x 100	on 1.30	on 2.00	+30

Rest

Rest time is usually calculated in 2 different ways:

1 On a specific pace

From the example above Lane 1: on 50.

You have 50 seconds to swim this distance and the time left is how much rest you get. If you swim super fast you get more rest, slow and you will get very little rest. Come in spent after 50 seconds on the first 50 and you need to change pace or try Lane 2 pace.

2 On a specific rest

From example above Lane 3: +10).

You have 10 seconds rest after each 100 before you go again.

In a few months time this will all become second nature but I know it can be quite baffling sometimes. I hope this will help you make sense of the white board.