



TVD zwemtraining

BAAN 1 t/m 5

donderdag 25 juli

Dordrecht

<b>KERN 1</b>	<b>200 BC inzwemmen (varieer in slagen)</b>	<b>R= 5a10sec</b>
	<b>2x 25 “6-3-6”</b> - Blijf zo recht als een plank ook bij wisselen van zij	<b>R= 25 BC</b>
	<b>2x 25 BC “bijleggen”</b> <b>2x 25 BC “vingersleep”</b>  <b>4x 25 “el-sp-dh”</b>	<b>R= 25 BC</b> <b>R= 25 BC</b>  <b>R= 25 BC</b>
		<b>600m</b>
<b>KERN 2</b>	<b>Start met ruimte tussen elkaar!</b>	
<u><b>Pace jezelf goed</b></u>	Keuze: - Je maakt zelf de keuze welke afstand je “RUSTIG” of “MAKKELIJK HARD” zwemt en dat blijf je de gehele set doen!	
	<b>2x 50 BC</b> <b>500 BC</b>	<b>R= 10sec</b> <b>R= 10sec</b>
	<b>3x 50 BC</b> <b>400 BC</b>	<b>R= 10sec</b> <b>R= 10sec</b>
	<b>4x 50 BC</b> <b>300 BC</b>	<b>R= 10sec</b> <b>R= 10sec</b>
	<b>5x 50 BC</b> <b>200 BC</b>	<b>R= 10sec</b> <b>R= 10sec</b>
		<b>2100m</b>
<b>20:57</b>	<b>UITZWEMMEN</b>	<b>Rustig tempo</b>
<b>21:00 STOPPEN</b>	<b>UIT HET WATER</b>	

RPE = Rate of Perceived Exertion (hoe zwaar ervaar je de inspanning)



RUSTIG	= EASY	= RPE 2
LEKKER DOORZWEMMEN	= STEADY	= RPE 3
MEDIUM	= MODERATE	= RPE 4
PACETIME	= TRESHOLD	= RPE 5 a 6
SNEL	= FAST	= RPE 7 en >

TVD zwemtraining

BAAN 6 t/m 8

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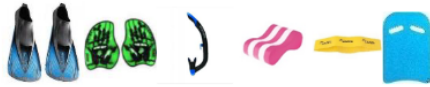
Dordrecht

<b>KERN 1</b>	<b>100 BC inzwemmen (varieer in slagen)</b>	<b>R= 5a10sec</b>
	2x 25 “6-3-6” - Blijf zo recht als een plank bij het wisselen van zij	<b>R= 25 BC</b>
	2x 25 BC “vingersleep”	<b>R= 25 BC</b>
	4x 25 “el-sp-dh”	<b>R= 25 BC</b>
	2x 25 BC “steigerung”	<b>R= 20sec</b>
		<b>550m</b>
<b>KERN 2</b>	<b>Start met ruimte tussen elkaar!</b>	
<u><b>Pace jezelf goed</b></u>	Keuze: - Je maakt zelf de keuze welke afstand je “RUSTIG” of “MAKKELIJK HARD” zwemt en dat blijf je de gehele set doen.	
	2x 50 BC 300 BC	<b>R= 10sec</b> <b>R= 10sec</b>
	3x 50 BC 250 BC	<b>R= 10sec</b> <b>R= 10sec</b>
	4x 50 BC 200 BC	<b>R= 10sec</b> <b>R= 10sec</b>
		<b>1200m</b>
<b>20:57</b>	<b>UITZWEMMEN</b>	<b>Rustig tempo</b>
<b>21:00 STOPPEN</b>	<b>UIT HET WATER</b>	

RPE = Rate of Perceived Exertion (hoe zwaar ervaar je de inspanning)

RUSTIG	= EASY	= RPE 1a2
LEKKER DOORZWEMMEN	= STEADY	= RPE 2a3
MEDIUM	= MODERATE	= RPE 4
PACETIME	= TRESHOLD	= RPE 5 a 6
SNEL	= FAST	= RPE 7 en >

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest



## Main Sets - pick one

**6-12 x 300** - rest is the time it takes to put gear on, take off

Odds alt by 75, continuous

- Steady, three stroke breathing
- Very Fast ! keep stroke long, kick relaxed
- Steady, three stroke breathing - learn to relax gradually
- Backstroke, long body, pinky entry

Evens - pull, Mod-hard, three stroke breathing

## 5x 400, 500 or 800 - change by interval, not inside

1. Easy, three stroke breathing
  2. Steady, three stroke breathing
  3. Mod-Hard, three stroke breathing
  4. Fast, as you like breathing
  5. Steady, as you like breathing
- 5-10s rest between swims - no gear
  - Take split midway and end of each interval
  - Data shows your ability (or not) to choose & change speed

CONSIDER: does increasing effort buy useful speed

## Broken 100's

<https://www.triathlete.com/training/workouts/one-hour-workout-broken-100s-swim/>

Race pace training is a system in which you look at your current race time for a 200 and divide that into 4, so my previous personal best was 2.40, 40 seconds per 50. This was my starting point of doing sets of fly where you swim *450 on race pace with the same time of rest. For me 450* starting every 80 seconds. When i got that under control i went for 4\*39 (starting every 78 seconds) etc. Until I was able to do 37.5 comfortable. By that time it was race time and i actually swam exactly 2.27. so for me this worked great.

