

RIAK. ONLINE.

AUDIO SWIM SETS

INDEX

Audio Swim Set 1 – Ramp Sets	2
Audio Swim Set 2 – Build Sets	3
Audio Swim Set 3 – Strength Endurance A.....	4
Audio Swim Set 4 – Tempo Swimming	5
Audio Swim Set 5 – Negative Build	6
Audio Swim Set 6 – Race Start Simulations	7
Audio Swim Set 7 – Stroke Rate Ramps	8
Audio Swim Set 8 – Up-Downs	9
Audio Swim Set 9 – Strength Endurance B	10
Audio Swim Set 10 – Mixed Lifts.....	11

Audio Swim Set 1 – Ramp Sets

[DIFFICULTY RATING: NOT TOO BAD, CHALLENGING BUT NOT WORLD ENDING]

WARM-UP

- 5mins easy swimming @ 1-4/10
- 1min easy, 10s increased stroke rate @ 7/10

TECHNIQUE SET

- 8min focusing on hand entry and keeping the hands outside of the mid-line of your body

CONDITIONING SET

30MIN SESSION

- 3min @ 4/10 => 3min @ 6/10 => 2min @ 8/10

45MIN SESSION

- 30min conditioning set with 2min recovery
- 5min @ 4/10 => 3min @ 6/10 => 3min @ 8/10

60MIN SESSION

- 30min & 45min conditioning sets each with 2min recovery
- 5min @ 4/10 => 3min @ 6/10 => 3min @ 8/10

Audio Swim Set 2 – Build Sets

[DIFFICULTY RATING: TAKES YOU THROUGH THE GEARS]

WARM-UP

- 5mins easy swimming @ 1-4/10
- 30s easy, 30s @ 8/10

TECHNIQUE SET

- 8min focusing on the Recovery Phase, retracting the shoulder blade and setting up a nice high elbow entry

CONDITIONING SET

30MIN SESSION

- Build Set: 3min @ 4/10 => 1min @ 5/10 => 1min @ 6/10 => 1min @ 7/10 => 1min @ 8/10 => 20s @ 9/10 => 10s sprint

45MIN SESSION

- 30min conditioning set with 2min recovery
- 5min @ 4/10
- Repeat build set

60MIN SESSION

- 30min & 45min conditioning sets each with 2min recovery
- 5min @ 4/10
- Repeat build set

Audio Swim Set 3 – Strength Endurance A

[DIFFICULTY RATING: CHALLENGING – RECOVERY ON THE MOVE IS A B*TCH!]

WARM-UP

- 5mins easy swimming @ 1-4/10
- 1min easy, 1min30s increasing stroke rate @ 7/10

TECHNIQUE SET

- 10min focusing on switching between unilateral and bilateral breathing

CONDITIONING SET

30MIN SESSION

- Recovery on the move set: [30s acceleration up to 9/10 => 3min recovery on the move @ 4/10] X 3

45MIN SESSION

- 30min conditioning set with 2min recovery
- Repeat recovery on the move set

60MIN SESSION

- 30min & 45min conditioning sets each with 2min recovery
- Repeat recovery on the move set

Audio Swim Set 4 – Tempo Swimming

[DIFFICULTY RATING: STRONG BUT NOT RUINOUS]

WARM-UP

- 5mins easy swimming @ 1-4/10
- 30s easy, 30s matching 70rpm stroke rate x3

TECHNIQUE SET

- 7min focusing on keeping the head down during breathing

CONDITIONING SET

30MIN SESSION

- 3min easy – 7min @ 6/10

45MIN SESSION

- 30min conditioning set with 2min recovery
- 3min easy – 9min @ 6/10

60MIN SESSION

- 30min & 45min conditioning sets each with 2min recovery
- 3min easy – 11min @ 6/10

Audio Swim Set 5 – Negative Build

[DIFFICULTY RATING: HARD – WEARS YOU DOWN LIKE AN OLD HIP]

WARM-UP

- 5mins easy swimming @ 1-4/10
- 1min easy, 10s surge to 9/10 X3

TECHNIQUE SET

- 9min focusing on a hip driven kick

CONDITIONING SET

30MIN SESSION

- 3min @ 4/10
- 3min30s @ 9/10

45MIN SESSION

- 30min conditioning set with 2min recovery
- 7min @ 7/10

60MIN SESSION

- 30min & 45min conditioning sets each with 2min recovery
- 14 min @ 6/10

Audio Swim Set 6 – Race Start Simulations

[DIFFICULTY RATING: VERY HARD – INSULTS YOU, THEN ASKS YOU TO DANCE]

WARM-UP

- 5mins easy swimming @ 1-4/10
- Metronome stroke rate ramp

TECHNIQUE SET

- 7min focusing on the Push Phase

CONDITIONING SET

30MIN SESSION

- 1min 30s @ 9/10 race start simulation
- 5min30s @ 6/10 race pace effort

45MIN SESSION

- 30min conditioning set with 2min recovery
- 1min 30s @ 9/10 race start simulation
- 5min30s @ 6/10 race pace effort

X2

60MIN SESSION

- 30min & 45min conditioning sets with 2min recovery
- 1min 30s @ 9/10 race start simulation
- 5min30s @ 6/10 race pace effort

Audio Swim Set 7 – Stroke Rate Ramps

[DIFFICULTY RATING: HARD – TURNS YOU INTO A WASHING MACHINE]

WARM-UP

- 5mins easy swimming @ 1-4/10
- 1min ramp in effort every 15s

TECHNIQUE SET

- Technique work is included in conditioning sets

CONDITIONING SET

30MIN SESSION

- 5 step 2min stroke rate ramps building from 4/10 @ 65bpm to 9/10 @ 80bpm
- X2

45MIN SESSION

- 30min conditioning set with 2min recovery
- 5 step 2min stroke rate ramps building from 4/10 @ 65bpm to 9/10 @ 80bpm

60MIN SESSION

- 30min & 45min conditioning sets with 2min recovery
- 5 step 2min stroke rate ramps building from 4/10 @ 65bpm to 9/10 @ 80bpm

Audio Swim Set 8 – Up-Downs

[DIFFICULTY RATING: CHALLENGING - VERY DOOABLE BUT GRINDS YOU DOWN]

WARM-UP

- 5mins easy swimming @ 1-4/10
- 30s on @ 8/10, 30s off @ 4/10 X3

TECHNIQUE SET

- 7min working on stroke to sighting ratio

CONDITIONING SET

30MIN SESSION

- 2min @ 6/10
- 1min @ 8/10

X4

45MIN SESSION

- 30min conditioning set with 2min recovery
- 2min @ 6/10
- 1min @ 8/10

X4

60MIN SESSION

- 30min & 45min conditioning sets with 2min recovery
- 2min @ 6/10
- 1min @ 8/10

X2

- 2min @ 6/10

- 4min @ 8/10

Audio Swim Set 9 – Strength Endurance B

[DIFFICULTY RATING: CHALLENGING – HARD EFFORTS ONCE ALREADY FATIGUED]

WARM-UP

- 5mins easy swimming @ 1-4/10

TECHNIQUE SET

- 7min focusing on the Catch and Pull Phases

CONDITIONING SET

30MIN SESSION

- 4min @ 6/10 => 1 min recovery X2
- 45s @ 9/10 => 45s @ 3/10 X 3

45MIN SESSION

- 30min conditioning set with 2min recovery
- 4min @ 6/10 => 1 min recovery X2
- 45s @ 9/10 => 45s @ 3/10 X 3

60MIN SESSION

- 30min & 45min conditioning sets with 2min recovery
- 4min @ 6/10 => 1 min recovery X2
- 45s @ 9/10 => 45s @ 3/10 X 3

Audio Swim Set 10 – Mixed Lifts

[DIFFICULTY RATING: HARD – NEVER ENDING INCREASE IN PACE

WARM-UP

– 5mins easy swimming @ 1-4/10

- 10s lift to 7/10

- 1min @ 3/10

X3

TECHNIQUE SET

– 7min working on sighting technique

CONDITIONING SET

30MIN SESSION

– 1min bursts every 2mins lifting the effort each burst time from 6-10/10

45MIN SESSION

– 30min conditioning set with 2min recovery

– 1min bursts every 2mins lifting the effort each burst time from 6-10/10

60MIN SESSION

– 30min & 45min conditioning sets with 2min recovery

– 1min bursts every 2mins lifting the effort each burst time from 6-10/10