

Training Sets for Olympic ½ Ironman and Ironman Distance

If you have time to get to the pool for a swim outside of the club sessions I suggest doing some extra endurance training. Please find below some suggestions for a main set to be included in your swim. Try to do a warm-up of between 300m and 500m. Include some technique drills in your warm-up. Once you've finished the set do a swim down of around 200m and include some double-armed backcrawl to stretch out your shoulder and chest muscles after all the FC you've just done.

Here's an example of a training set for Olympic distance, ½ IM and IM. The aim of each of these main sets are to complete all four sets within your specified distance, not to work so hard that you can't get through all four repeats, so adjust your rest accordingly. For example take 15seconds rest within each section of the set and 1 min rest between each of the four sets.

Olympic Distance – 100m main set

4 sets of (150 FC then 2x 50 FC)

Set 1 should be paced at steady pace. Sets 2 to 4 should be paced around your 1500m race pace. During the 150m efforts you should aim to hold within 10 seconds of your race pace. The 50m efforts should be at or slightly faster (2 to 4 sec) than race pace.

½ Ironman Distance -1400m main set

4 sets of (250 FC then 2x 50 FC)

Set 1 should be at a steady pace. Sets 2 to 4 should be at your ½ ironman race pace. During the 250m repeats you should aim to be within 10-12 seconds of your race pace. The 50m efforts should be at or slightly faster (2 to 4 sec) than race pace.

Ironman Distance – 2400m main set

4 sets of (400 FC then 2 x 100 FC)

Set 1 should be at a steady pace. Sets 2 to 4 should be at your Ironman race pace. During the 400m repeats you should aim to be within 10 to 15 seconds of your race pace. The 100m efforts should be at or faster than your race pace.

If you are swimming for 1 to 1.5hours or more in the pool, the drying effect of the pool water coupled with the rubbing of swimwear can lead to some nasty chafing so don't forget to apply something to prevent it!

Enjoy!