



Explanations – Swimming Intervals

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The Swim Interval Equation



$$\text{Swim Interval (total time)} = \text{Swim Time} + \text{Rest Time (also called Rest Interval, RI)}$$

EXAMPLES:

- Let's say we want a swimmer to swim 100's with a target Swim Time of 1:45 and a Rest Time of 10s:
 $1:55 \text{ (Swim Interval)} = 1:45 \text{ (Swim Time)} + 0:10 \text{ (Rest Time)}$
- Or, we are working on drills and tell the swimmer to take a constant Rest Time of 0:15s. They come in on the 0:55 for their 50 drill, so....
 $1:10 \text{ (Swim interval)} = 0:55 \text{ (Swim Time)} + 0:15 \text{ (Rest Time)}$

The ways we specify your rest intervals



There are 2 ways that we specify Rest Intervals:

1. A constant rest interval
 - For these, you will always get the same amount of rest, regardless of your swim time.
 - Usually used for drill sets or sets where we don't need you to hit a target swim time.
2. A repeated "start on" interval
 - For these, you leave on the same total time, and your rest interval will change depending on how fast you swam.
 - Usually used for pacing sets or sets where we want you to hit a solid target swim time.



- Example: 6 x 50 Drill, RI = 10s
- If you come in on the 45s, you rest 10s and leave on the 55.
 - If you come in on the 55s, you rest 10s and leave on the 1:05.

- Example: 6 x 50 Drill @ 1:05
- If you come in on the 45s, you leave on the 1:05, and you got 20s rest.
 - If you come in on the 55s, you leave on the 1:05 and you got 10s rest.

Figuring out when to leave for rep #2, 3, 4....



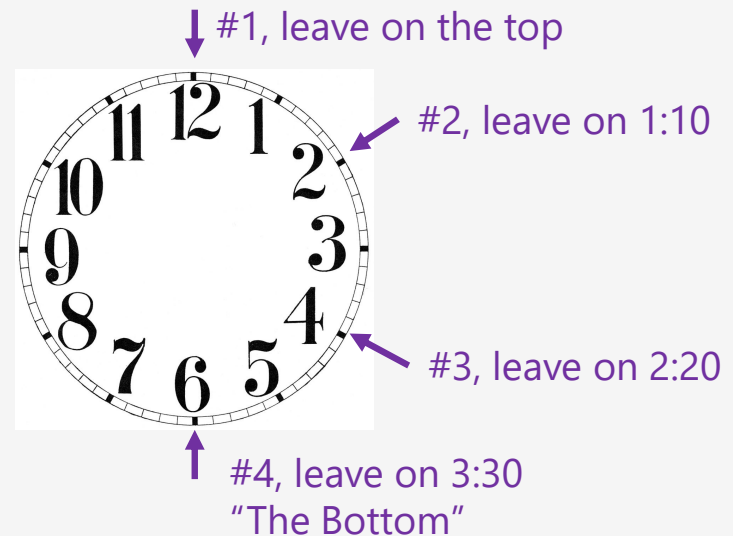
When you have a set Swim Interval (i.e. Case #2), you might have to do some math....

It may help to visualize a CLOCK FACE!

(Or better yet, use a circular pace clock, not digital.)

For example:

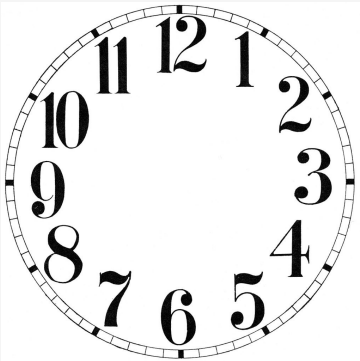
- If your directed Swim Interval is 1:10, you'll leave on:
 - #1 0:00 (the top)
 - #2 1:10
 - #3 2:20 (so 1:10 + 1:10)
 - And so on....
- If your directed Swim Interval is 0:55, you'll leave on:
 - #1 0:00 (the top)
 - #2 0:55
 - #3 1:50 (so 0:55 + 0:55)
 - And so on.....



It helps to know some Rules of Thumb!



There are some tricks to remember, to NOT have to do math!



Learn these tricks and you'll never mess up an interval!

If your specified interval ends in....	You'll always leave on....
00	The Top!
05	the next whole # around the clock face (so 1, 2, 3, ...).
10	The next EVEN # around the clock face (so 2, 4, 6, 8...).
15	The next QUARTER around the clock face (so 3, 6, 9, 12)
20	4, 8 or 12
30	The top (12) or the bottom (6)
40	You'll go backwards around the clock and always leave on 8, 4, or 12
45	You'll go backwards around the clock and leave on 9, 6, 3, or 12
50	You'll go backwards around the clock and leave on the next EVEN # (so 10, 8, 6, etc...)
55	You'll go backwards around the clock and leave on the next whole # around the clock face (so 11, 10, 9, 8, etc...)

Pacing Chart



You can use this chart to figure out your target times for long swims, based on your 50 or 100 time. Or use it to determine what pace you need to hold for 50 or 100 to hit your target time for your swim.

50	100	200	300	400	500	600	800	1000	1500	1650	Hour
0:30	1:00	2:00	3:00	4:00	5:00	6:00	8:00	10:00	15:00	16:30	6,000
0:32	1:05	2:10	3:15	4:20	5:25	6:30	8:40	10:50	16:15	17:52	5,535
0:35	1:10	2:20	3:30	4:40	5:50	7:00	9:20	11:40	17:30	19:15	5,140
0:37	1:15	2:30	3:45	5:00	6:15	7:30	10:00	12:30	18:45	20:37	4,800
0:40	1:20	2:40	4:00	5:20	6:40	8:00	10:40	13:20	20:00	22:00	4,500
0:42	1:25	2:50	4:15	5:40	7:05	8:30	11:20	14:10	21:15	23:22	4,235
0:45	1:30	3:00	4:30	6:00	7:30	9:00	12:00	15:00	22:30	24:45:00	4,000
0:47	1:35	3:10	4:45	6:20	7:55	9:30	12:40	15:50	23:45	26:07:00	3,785
0:50	1:40	3:20	5:00	6:40	8:20	10:00	13:20	16:40	25:00:00	27:30:00	3,600
0:52	1:45	3:30	5:15	7:00	8:45	10:30	14:00	17:30	26:15:00	28:52:00	3,425
0:55	1:50	3:40	5:30	7:20	9:10	11:00	14:40	18:20	27:30:00	30:15:00	3,270
0:57	1:55	3:50	5:45	7:40	9:35	11:30	15:20	19:10	28:45:00	31:37:00	3,130
1:00	2:00	4:00	6:00	8:00	10:00	12:00	16:00	20:00	30:00:00	33:00:00	3,000
1:02	2:05	4:10	6:15	8:20	10:25	12:30	16:40	20:50	31:15:00	34:22:00	2,880
1:05	2:10	4:20	6:30	8:40	10:50	13:00	17:20	21:40	32:30:00	35:45:00	2,765
1:07	2:15	4:30	6:45	9:00	11:15	13:30	18:00	22:30	33:45:00	37:07:00	2,665
1:10	2:20	4:40	7:00	9:20	11:40	14:00	18:40	23:20	35:00:00	38:30:00	2,570
1:12	2:30	5:00	7:30	10:00	12:30	15:00	20:00	25:00:00	37:30:00	41:15:00	2,400
1:15	2:40	5:20	8:00	10:40	13:20	16:00	21:20	26:40:00	40:00:00	44:00:00	2,250
1:17	2:50	5:40	8:30	11:20	14:10	17:00	22:40	28:20:00	42:30:00	46:45:00	2,115
1:15	3:00	6:00	9:00	12:00	15:00	18:00	24:00:00	30:00:00	45:00:00	49:30:00	2,000



Questions?
Get ahold of Coach Maria at
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Thank you!