

5 Swim Workouts for Triathletes

For the Sprint-Distance Triathlete (1500):

Warm-up:

- 100 Easy Free
- 4X50 as Drill/Easy Free; Rest: 15 seconds
- 50 Pull
- 50 Kick
- 4X50 as Build/Fast; Rest: 15 seconds

Main Set:

- 25 Fast; Rest: 5 seconds
- 50 as Build/Fast; Rest: 10 seconds
- 50 Pull; Rest: 10 seconds
- 75 as 50 Fast/25 Easy; Rest: 15 seconds
- 100 Fast; Rest: 20 seconds
- 100 Pull; Rest: 20 seconds
- 100 Fast; Rest: 20 seconds
- 75 as 50 Fast/25 Easy; Rest: 15 seconds
- 50 as Build/Fast; Rest: 10 seconds
- 50 Pull; Rest: 10 seconds
- 25 Fast; Rest: 5 seconds

Cool-down:

- 200 as 75 Easy Free/25 Backstroke or Breaststroke

For the Olympic-Distance Triathlete (2500):

Warm-up:

- 200 Easy Free
- 4X50 as Drill/Easy Free; Rest: 15 seconds
- 100 Pull
- 100 Kick
- 4X50 as Build/Fast; Rest: 15 seconds

Main Set:

- 2X200 as 75 Fast/25 Easy; Rest: 30 seconds
- 4X150 as 50 Fast/25 Easy; Rest: 20 seconds
- 4X100 Fast; Rest: 15 seconds
- 2X50 Fast; Rest: 10 seconds
- 4X25 Fast; Rest: 5 seconds

Cool-down:

- 100 as 75 Easy Free/25 Backstroke or Breaststroke

For the 70.3-Distance Triathlete (3500):

Warm-up:

- 200 Easy Free
- 4X50 as Drill/Easy Free; Rest: 15 seconds
- 200 Pull
- 200 Kick
- 4X50 as Build/Fast; Rest: 15 seconds

Main Set:

- 500 Pull as 25 fast/25 easy/50 fast/50 easy/75 fast/75 easy/100 fast/100 easy; Rest: 1 minute
- 5X100; Odds-Fast; Evens-Easy; Rest: 20 seconds
- 2X250 Pull as 75 steady/100 fast/75 steady; Rest: 30 seconds
- 5X100 Fast; Rest: 20 seconds
- 2X125 Pull as 50 steady/50 fast/25 easy; Rest: 30 seconds

Cool-down:

- 250 Easy Free

For the Iron-Distance Triathlete (4500):

Warm-up:

- 400 with every 4th length backstroke or breaststroke
- 8X50 as Drill/Easy Free; Rest: 15 seconds
- 100 Pull
- 100 Kick

Main Set:

- 1000 at IM pace; Rest: 1 minute, 30 seconds
- 50 Pull, breathe every 9 strokes; R: 15 seconds
- 800 as 25 fast/150 IM pace/25 easy; Rest: 1 minute
- 50 Pull, breathe every 7 strokes; Rest: 15 seconds
- 600 as 50 fast/150 IM/50 fast/50 easy; Rest: 45 seconds
- 50 Pull, breathe every 5 strokes; Rest: 15 seconds
- 400 as 75 fast/100 IM/25 easy; Rest: 30 seconds
- 50 Pull, breathe every 3 strokes; Rest: 15 seconds
- 200 as 100 fast/100 IM; Rest: 20 seconds
- 50 Pull, breathe weak side only; Rest: 15 seconds
- 100 Fast
- 50 Pull, breathe bilaterally; Rest: 15 seconds

Cool-down:

- 100 Easy Free

Open Water Swim Workout for Every Triathlete:

Warm-up:

- 5-10 minutes Easy, sight every 7-10 strokes

Main Set:

- Beach Start to 1-minute Fast/2 minutes Easy (Repeat 3-6 times)
- Deep-water Start to 1-minute Fast/2 minutes Easy (Repeat 2-4 times)
- 60 seconds fast/3 minutes steady/60 seconds easy (Repeat 3-6 times)

Cool-down:

- 5-10 minutes Easy, sight every 7-10 strokes