

North West Athletics

Heart Rate Sets

Select and modify according to the training and performance
experience of your group

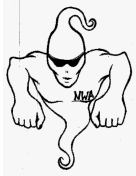
Sets should be included in sessions once a week;
twice a week for more experienced swimmers.

The coach should walk-talk the swimmers through 2-3 repeats of the chosen series .. then, release the swimmers to work off the clock ... i.e. be in charge of their own session .. (empowerment = self esteem).

The coach is then free to observe individual performances and make appropriate comments.

If further details of other types of sessions are sought, contact NWA.

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Heart Rate 500 (25m — 50m — 25m)

Swimmers should know their **Maximum Heart Rate (MHR)**.

Teach how to calculate. Teach how to take pulse: **Carotid Pulse** or **Heart Rate Meter**.

Keep it Simple ... hand to chest (“simple” is achievable) .. count beats for 6 seconds .. add a zero, e.g. 15 beats = 150 bpm

Aim to maintain **MHR** (taken **immediately** on completion of each swim).

Swimmers should select the **fastest pace**

which they are **capable of maintaining** throughout the **entire drill**: 15 swims (5 x 3) .. complete the challenge.

5 x

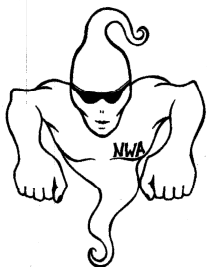
Swim 25m .. on 30 secs. ► Swim 50m ..
on 60 secs. ► Swim 25m

15 - 30 seconds (approx.) between sets

(e.g. first swimmer starts on a “top” .. swimmers in each lane, 5 or 10 seconds apart)

Stroke variations / recovery variations

(50 — 100m recovery kick + rest (coach discretion) .. repeat)



Heart Rate 1000

Swimmers should know their **Maximum Heart Rate (MHR)**.
Teach how to calculate. Teach how to take pulse: **Carotid Pulse** or **Heart Rate Meter**.
Aim to maintain **MHR** (taken immediately on completion of each swim).
Short recoveries (10-30 seconds) at varying distances.
Swimmers should select the **fastest pace**
which they are **capable of maintaining** throughout the **entire drill**.

After a thorough,
progressive *Warm-Up*;

Thorough *Warm Down*
essential.

5 x

Swim 100m ... on 2:00 Swim 25m

... on 30 secs. Swim 50m

... on 1:00 Swim 25m

15-30 seconds (approx.) between sets
Stroke variations / recovery variations

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North West Athletics: **Heart Rate 1000** (150 / 50)



Swimmers should know their **Maximum Heart Rate (MHR)**.
Teach how to calculate. Teach how to take pulse: **Carotid Pulse** or **Heart Rate Meter**.
Aim to maintain **MHR** (taken immediately on completion of each swim).

Swimmers should select the **fastest pace**
which they are **capable of maintaining** throughout the **entire drill**.

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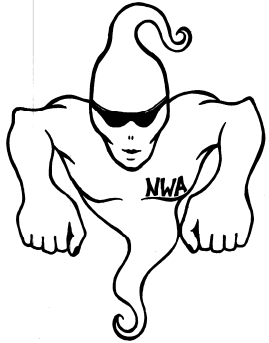
5 x

Swim 150m ...

on 2:45 Swim 50m

30-45 seconds (approx.) between sets
Stroke variations / recovery variations

North West Athletics: Heart Rate 1500



Swimmers should know their **Maximum Heart Rate (MHR)**.
Teach how to calculate. Teach how to take pulse: **Carotid Pulse** or **Heart Rate Metre**.
Aim to maintain **MHR** (taken immediately on completion of each swim).
Swimmers should select the **fastest pace**
which they are **capable of maintaining** throughout the **entire drill**.

5 x

Swim 100m ... on 2:00 Swim 50m
... on 1:00 Swim 100m
... on 2:00 Swim 50m

30-60 seconds (approx.) between sets
Stroke variations / recovery variations

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