

## Chicago Blue Dolphins – T-Swim Performance Set Overview

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The idea of the T-Swim Performance Set is to see how far you can swim in a given amount of time. This test is an excellent practical indicator of your current swimming ability and is an ideal way to assess both your technique and conditioning levels at the same time. We do this test set every 6 weeks.

When doing a T-Swim, you should swim freestyle as far as possible for the given amount of time. **YOU MUST COUNT THE NUMBER OF LENGTHS THAT YOU'VE SWUM!** Strive to swim an even pace throughout the swim. Do not speed up in the last two minutes. If you need to stop during the swim to take a break, that's fine but the clock keeps ticking and your rest will be considered part of your total time. Our advanced swimmers will do a 30 minute swim (T-30), our intermediate swimmers will do a 20 minute swim (T-20), and our novice swimmers will do a 15 minute swim (T-15). We adjust the time to reflect how long we think each group can "hammer the swim" and hold a relatively high level of intensity. The performance set isn't intended to be a "long, easy swim," so don't go for longer time if you can't push the pace for the full duration.

When the time elapses, you should finish the length of the pool that you are on and note the time **WHEN YOU FINISH THE LAST LENGTH.** This means that you will likely have a time that's a bit longer than the duration of the swim. When you complete your swim, immediately take your heart rate for 6 seconds, add 2 to the number, and multiply by 10 to get an estimate your immediate heart rate; if you have a heart rate monitor, use the reading that appears immediately after you finish swimming. Write down the date, the distance swum, the finish time, and your immediately heart rate on your "T-Swim Performance Set Log."

Two important sets of data fall out of the results of your swim: your 100 cruise pace and your training zones. Use the "Cruise Pace Calculation Charts" to calculate your average 100 yard or meter pace. We'll reference this pace at swim practice to indicate how fast you should be going. Enter your immediate heart rate into the "Personal Training Zones Chart" to get the heart rate zones that fall out of your T-Swim. If you know what your zones are for you running or cycling, your swimming zones should be roughly 10 beats and 5 beats below those ranges, respectively. If there is a big difference either one way or the other, you either paced the set too slowly or died a horrible death at the end of the swim. See if you can pace the swim better next time to get better data. We'd like the immediate heart rate to represent the average heart rate at the end of the set, so it's very important that you don't speed up or slow down at the end of the set.

