EST BLUEPRINT · PREMIUM TRAINING GUIDE

RACE & MENTAL · SENIOR / COLLEGIATE TRACK

+3 BONUSES INCLUDED



TEMPLATES GUIDE

RACE PLANNING WORKSHEET COLLECTION

50, 100, 200, 500, 100/200/400 IM and distance

BONUS · SPLIT CALCULATOR CHART

BONUS · PRE-RACE VISUALIZATION SCRIPT

BONUS · MEET DAY TIMELINE

4 WEEK PLAN

12 FULL WORKOUTS

32 PAGES

4 PHASES

CONTENTS

Inside this Blueprint

Section	Page
Race Planning Worksheet Collection — Program Guide	3
Energy Systems & Training Zones	4
Season Periodization	5
Week-by-Week Plan	6
Workout Pack	7
50 Race Plan	20
100 Race Plan	21
200 Race Plan	22
500 Race Plan	23
100 IM Race Plan	24
200 IM Race Plan	25
400 IM Race Plan	26
Distance Race Plan	27
Benchmark Testing	28
Split Calculator Chart	29
Pre-Race Visualization Script	30
Meet Day Timeline	31
Fuel, Recovery & Wellbeing	32

4	12	39,325	3
WEEKS	WORKOUTS	YARDS IN PACK	BONUSES

YOUR BONUSES

Split Calculator Chart · Pre-Race Visualization Script · Meet Day Timeline — exclusive tools included with every EST Blueprint.

© Elite Swim Training · For individual athlete use

COACH'S INTRODUCTION

Program Guide

Race Planning Worksheet Collection is a Templates Blueprint built for the Senior / Collegiate Track athlete. It applies the same periodization principles used by NCAA Division I programs: a polarized aerobic base, progressive threshold density, and race-specific speed timed to peak on championship day.

Focus: 50, 100, 200, 500, 100/200/400 IM and distance. Every week is written with clear objectives, an intensity target, and coached workouts so the athlete always knows why a set exists, not just what it is.

"Train the system, then trust the system. Champions are made in the boring middle of the season."

What the athlete will achieve

Outcome	How it's measured	Target
Aerobic capacity	T-30 or 10 x 100 test	+3-6% distance / -1.5 s avg
Race-pace control	Broken 200 at goal pace	±0.5 s per 50
Stroke efficiency	Stroke count @ pace	-1 to -2 strokes / 25
Underwater skill	15 m breakout time	-0.3 to -0.6 s
Consistency	Attendance + log	90%+ sessions

The weekly microcycle

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Aerobic + skills	Threshold + dryland	Recovery + technique	Race pace	Speed + dryland	Test / long aerobic	Rest & reflect

© Elite Swim Training · For individual athlete use

SPORTS SCIENCE

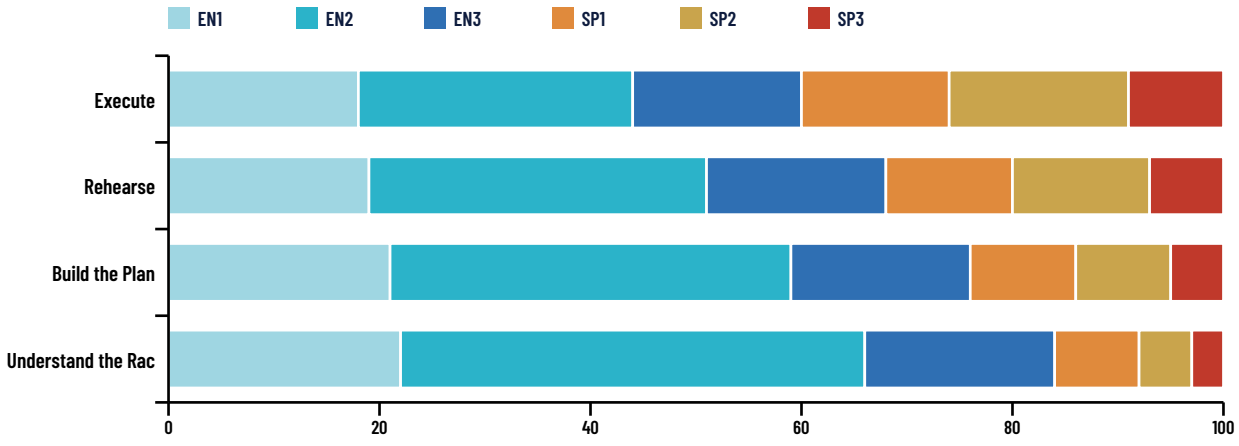
Energy Systems & Training Zones

Swimming races from 22 seconds to 15 minutes draw on all three energy systems. The zone system below — used by most collegiate staffs — tells the athlete exactly how hard each repeat should feel.

Zone	Name	Heart rate	% max effort	Feel	Typical sets
EN1	Aerobic Recovery	120-140	50-60%	Easy, conversational	Warm-up, recovery, drill
EN2	Aerobic Endurance	140-160	60-75%	Steady, sustainable	Long aerobic repeats
EN3	Threshold	160-175	75-85%	Comfortably hard	Threshold / CSS sets
SP1	VO2 Max / Lactate Tolerance	175-190	85-95%	Very hard	Heart-rate and broken race sets
SP2	Race Pace	Max	95-100%	Goal race speed	Broken swims at target pace
SP3	Sprint / Alactic	n/a (short)	100%+	All-out, full rest	Starts, 12.5s, 25s from a dive

System	Duration	Fuel	Trained by
ATP-PC (alactic)	0-10 s	Creatine phosphate	Dive 12.5s / 25s, full rest
Glycolytic (lactic)	10 s - 2 min	Glycogen lactate	75s / 100s all-out, lactate sets
Aerobic (oxidative)	2 min +	Fat + carbohydrate	EN2 / EN3 volume

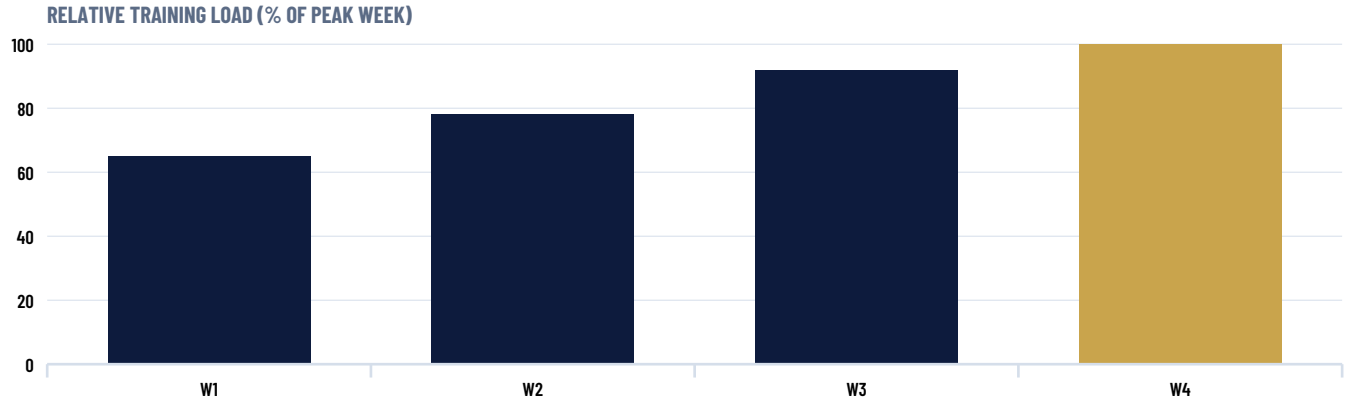
Intensity distribution by phase

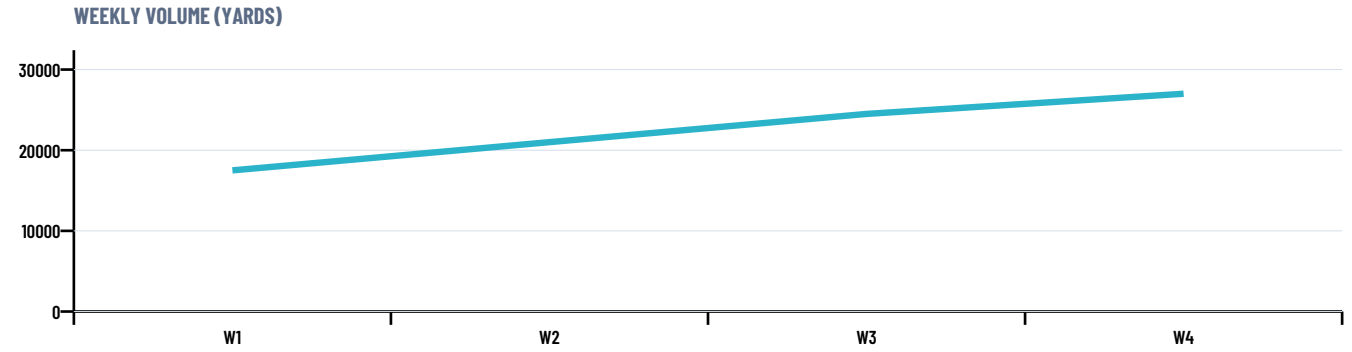


© Elite Swim Training · For individual athlete use

THE PLAN

Season Periodization





Phase	Weeks	Objective	Key performance indicator
Understand the Race	Week 1	Learn how the race is won — splits, stroke rate, walls.	Aerobic test baseline
Build the Plan	Week 2	Write and test a personal race plan.	Threshold pace -1 s
Rehearse	Week 3	Rehearse the plan in practice at race pace.	Race-pace hold
Execute	Week 4	Execute in competition and reflect.	Season best

© Elite Swim Training · For individual athlete use

EXECUTION

Week-by-Week Plan

Wk	Phase	Theme	Load	Volume	Sessions
1	Understand the Race	Race Anatomy And Goal Time	65%	17,500	In the pool / Planning
2	Build the Plan	Breaking The Race Into Segments	78%	21,000	In the pool / Planning
3	Rehearse	Start And Breakout Plan	92%	24,500	In the pool / Planning
4	Execute	Pacing: Front Half Vs Back Half	100%	27,000	In the pool / Planning

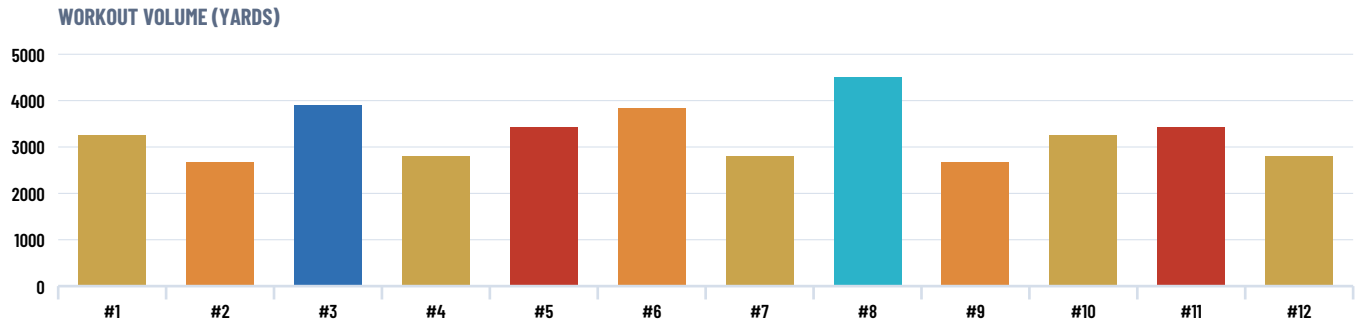
© Elite Swim Training · For individual athlete use

12 COMPLETE SESSIONS

The Workout Pack

Each workout is written at full collegiate detail: every set, interval, intensity zone and distance. Intervals are starting points — adjust ±5 s per 100 to keep each repeat inside its zone.

#	Workout	Primary zone	Volume	Best used in
1	Race Pace Precision	SP2	3,250 yd	Understand the Race
2	Lactate Tolerance	SP1	2,675 yd	Understand the Race
3	Threshold Builder	EN3	3,900 yd	Understand the Race
4	Race Pace Precision	SP2	2,800 yd	Build the Plan
5	Speed & Power	SP3	3,425 yd	Build the Plan
6	VO2 Max Rounds	SP1	3,825 yd	Build the Plan
7	Race Pace Precision	SP2	2,800 yd	Rehearse
8	Aerobic Engine	EN2	4,500 yd	Rehearse
9	Lactate Tolerance	SP1	2,675 yd	Rehearse
10	Race Pace Precision	SP2	3,250 yd	Execute
11	Speed & Power	SP3	3,425 yd	Execute
12	Race Pace Precision	SP2	2,800 yd	Execute



© Elite Swim Training · For individual athlete use

WORKOUT 1 OF 12 · SP2

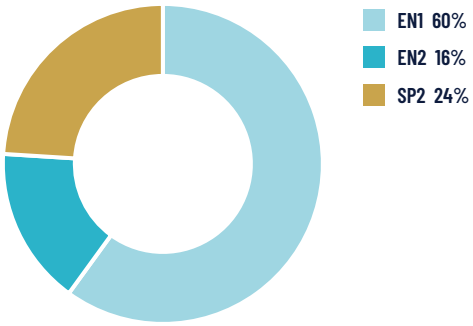
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 6-kick switch / fist swim	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Mental skill	Box breathing 4-4-4-4 before main set	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,250

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	3,250 yd
Est. duration	71 min
Best phase	Understand the Race

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 2 OF 12 · SP1

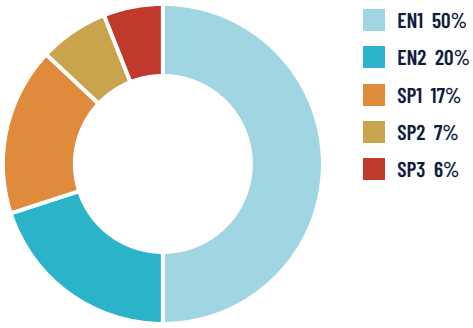
Lactate Tolerance

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: catch-up with paddles / fingertip drag	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	6 x 75 free all-out from push	2:30	SP1	450
Main set	4 x 50 free broken @ 200 pace	1:15	SP2	200
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Mental skill	Cue word for every turn	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				2,675

COACHING POINTS

This hurts by design. Stay long in the stroke as fatigue rises; finish every rep to the wall without a breath inside the flags.

VOLUME BY ZONE



Session facts	
Primary system	SP1
Total volume	2,675 yd
Est. duration	60 min
Best phase	Understand the Race

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Trains buffering capacity so you can hold technique and speed in the final third of a race.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 3 OF 12 · EN3

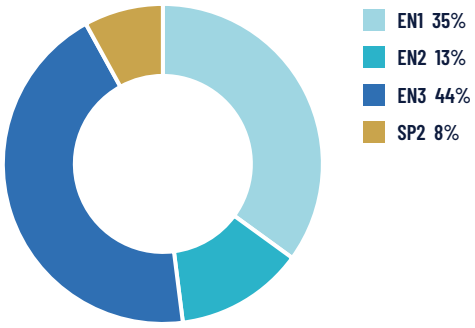
Threshold Builder

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fist swim / 3-3-3 (right/left/full)	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	9 x 100 free @ threshold (CSS) pace	1:20	EN3	900
Main set	4 x 200 IM, hold 1:00 per 50 average	3:05	EN3	800
Secondary	13 x 25 free @ 100 race pace	0:45	SP2	325
Mental skill	Visualize race start x3 during kick	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,900

COACHING POINTS

Pace should feel 'comfortably hard' — you could hold it for 30 minutes. Record your average; it becomes next week's target.

VOLUME BY ZONE



Session facts	
Primary system	EN3
Total volume	3,900 yd
Est. duration	85 min
Best phase	Understand the Race

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Raises the speed you can hold before lactate accumulates. The single best predictor of 200-1650 performance.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 4 OF 12 · SP2

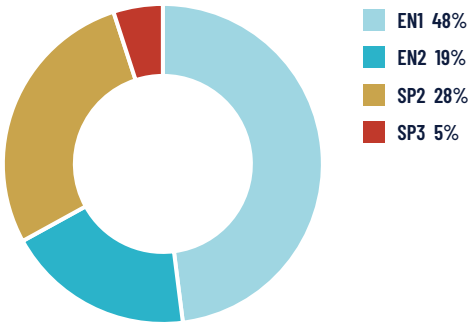
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fingertip drag / single-arm 25s	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Mental skill	Rate focus 1-10 after each round	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				2,800

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	2,800 yd
Est. duration	61 min
Best phase	Build the Plan

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 5 OF 12 · SP3

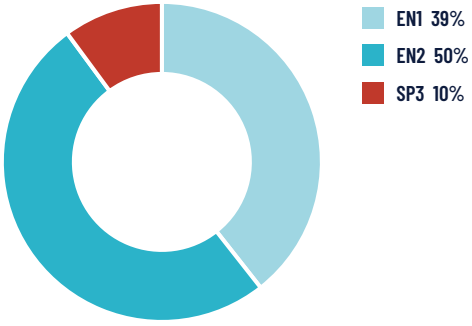
Speed & Power

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 3-3-3 (right/left/full) / 6-kick switch	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 25 free dive sprint, max velocity	1:00	SP3	200
Main set	6 x 12.5 fast + easy, breakout focus	0:45	SP3	150
Secondary	4 x 300 free @ EN2, descend 1-3	4:20	EN2	1,200
Mental skill	Process goal: hold stroke count	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,425

COACHING POINTS

Full recovery. Quality over quantity. Every dive to 15 m with 5+ underwater kicks.

VOLUME BY ZONE



Session facts	
Primary system	SP3
Total volume	3,425 yd
Est. duration	75 min
Best phase	Build the Plan

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Develops the alactic system and neuromuscular power: starts, breakouts and top-end velocity.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 6 OF 12 · SP1

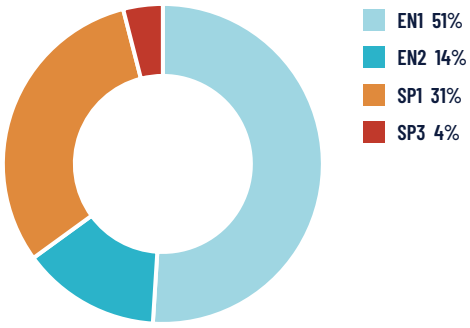
VO2 Max Rounds

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: single-arm 25s / catch-up with paddles	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	3 rounds: 4 x 100 free @ 90% (HR 180+)	1:35	SP1	1,200
Main set	200 easy recovery between rounds	2:00 rest	EN1	600
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Mental skill	Self-talk reset after a bad repeat	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,825

COACHING POINTS

Heart rate above 180 by the 3rd repeat of each round. Full 200 easy between rounds keeps quality high.

VOLUME BY ZONE



Session facts	
Primary system	SP1
Total volume	3,825 yd
Est. duration	83 min
Best phase	Build the Plan

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Expands maximal oxygen uptake through repeated efforts at 90%+ of max heart rate.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 7 OF 12 · SP2

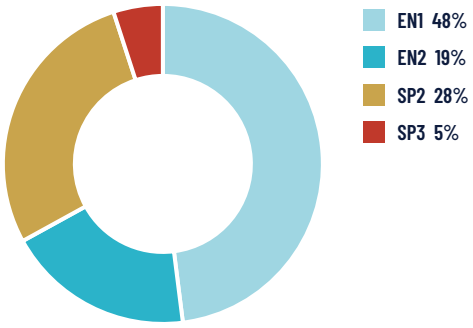
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 6-kick switch / fist swim	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Mental skill	Pre-race routine rehearsal	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				2,800

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	2,800 yd
Est. duration	61 min
Best phase	Rehearse

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 8 OF 12 · EN2

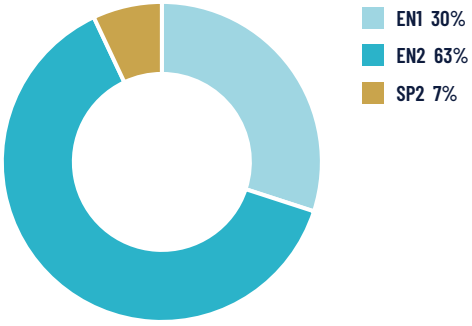
Aerobic Engine

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: catch-up with paddles / fingertip drag	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	5 x 300 free @ EN2, descend 1-3	3:55	EN2	1,500
Main set	4 x 200 pull w/ paddles, hold strokes count	2:40	EN2	800
Secondary	13 x 25 free @ 100 race pace	0:45	SP2	325
Mental skill	Pressure rep: coach-timed, one shot	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				4,500

COACHING POINTS

Hold the same stroke count on every repeat. Breathe bilaterally on pull. The goal is sustainable speed, not heroics.

VOLUME BY ZONE



Session facts	
Primary system	EN2
Total volume	4,500 yd
Est. duration	98 min
Best phase	Rehearse

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Builds mitochondrial density and capillary networks — the engine every event above 50 depends on.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 9 OF 12 · SP1

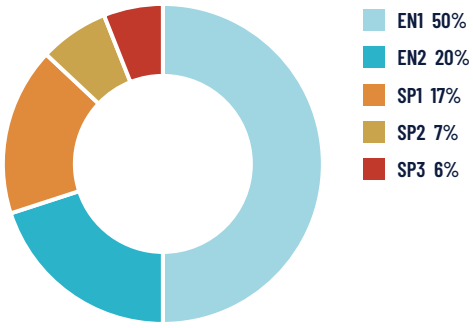
Lactate Tolerance

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fist swim / 3-3-3 (right/left/full)	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	6 x 75 free all-out from push	2:30	SP1	450
Main set	4 x 50 free broken @ 200 pace	1:15	SP2	200
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Mental skill	Box breathing 4-4-4-4 before main set	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				2,675

COACHING POINTS

This hurts by design. Stay long in the stroke as fatigue rises; finish every rep to the wall without a breath inside the flags.

VOLUME BY ZONE



Session facts	
Primary system	SP1
Total volume	2,675 yd
Est. duration	60 min
Best phase	Rehearse

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Trains buffering capacity so you can hold technique and speed in the final third of a race.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 10 OF 12 · SP2

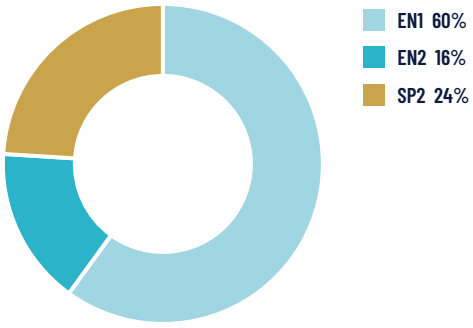
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fingertip drag / single-arm 25s	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Mental skill	Cue word for every turn	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,250

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	3,250 yd
Est. duration	71 min
Best phase	Execute

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 11 OF 12 · SP3

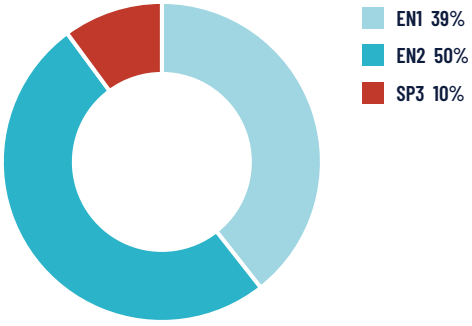
Speed & Power

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 3-3-3 (right/left/full) / 6-kick switch	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 25 free dive sprint, max velocity	1:00	SP3	200
Main set	6 x 12.5 fast + easy, breakout focus	0:45	SP3	150
Secondary	4 x 300 free @ EN2, descend 1-3	4:20	EN2	1,200
Mental skill	Visualize race start x3 during kick	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,425

COACHING POINTS

Full recovery. Quality over quantity. Every dive to 15 m with 5+ underwater kicks.

VOLUME BY ZONE



Session facts	
Primary system	SP3
Total volume	3,425 yd
Est. duration	75 min
Best phase	Execute

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Develops the alactic system and neuromuscular power: starts, breakouts and top-end velocity.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

WORKOUT 12 OF 12 · SP2

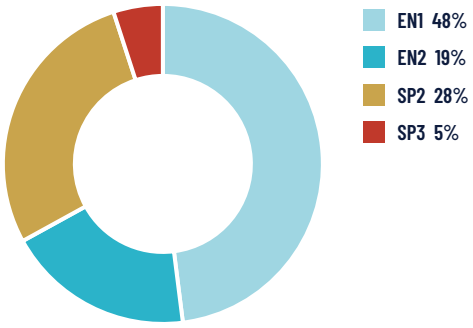
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: single-arm 25s / catch-up with paddles	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Mental skill	Rate focus 1-10 after each round	During set	-	
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				2,800

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	2,800 yd
Est. duration	61 min
Best phase	Execute

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

© Elite Swim Training · For individual athlete use

RESOURCE

50 Race Plan

Segment	Target split	Stroke count	Focus cue	Actual
Start–15m				
15–25				
25–50				

© Elite Swim Training · For individual athlete use

RESOURCE

100 Race Plan

Segment	Target split	Stroke count	Focus cue	Actual
0–25				
25–50				
50–75				
75–100				

© Elite Swim Training · For individual athlete use

RESOURCE

200 Race Plan

Segment	Target split	Stroke count	Focus cue	Actual
0–50				
50–100				
100–150				
150–200				

© Elite Swim Training · For individual athlete use

RESOURCE

500 Race Plan

Segment	Target split	Stroke count	Focus cue	Actual
0-100				
100-200				
200-300				
300-400				
400-500				

© Elite Swim Training · For individual athlete use

RESOURCE

100 IM Race Plan

Segment	Target split	Stroke count	Focus cue	Actual
Fly 50				
Back 50				
Breast 50				
Free 50				

© Elite Swim Training · For individual athlete use

RESOURCE

200 IM Race Plan

Segment	Target split	Stroke count	Focus cue	Actual
Fly 50				
Back 50				
Breast 50				
Free 50				

© Elite Swim Training · For individual athlete use

RESOURCE

400 IM Race Plan

Segment	Target split	Stroke count	Focus cue	Actual
Fly 50				
Back 50				
Breast 50				
Free 50				

© Elite Swim Training · For individual athlete use

RESOURCE

Distance Race Plan

Segment	Target split	Stroke count	Focus cue	Actual
First third				
Middle third				
Final third				

© Elite Swim Training · For individual athlete use

MEASURE WHAT MATTERS

Benchmark Testing

Test	Protocol	Week 1	Mid-point	Final	Change
T-30	30 min continuous free, count yards				
10 x 100 @ 1:30	Average time				
Dive 50 best stroke	Electronic or hand time				
15 m breakout	Push, time to head at 15 m				
Stroke count	25 @ 200 pace				
Vertical jump	Best of 3				
Pull-ups	Max strict reps				

Race pace reference chart

100 goal	25	50	75	100	200 pace/100
48.0	11.3	23.0	35.3	48.0	51.8
51.0	12.0	24.5	37.5	51.0	55.1
54.0	12.7	25.9	39.7	54.0	58.3
57.0	13.4	27.4	41.9	57.0	61.6
60.0	14.1	28.8	44.1	60.0	64.8
63.0	14.8	30.2	46.3	63.0	68.0
66.0	15.5	31.7	48.5	66.0	71.3
69.0	16.2	33.1	50.7	69.0	74.5
72.0	16.9	34.6	52.9	72.0	77.8
75.0	17.6	36.0	55.1	75.0	81.0
78.0	18.3	37.4	57.3	78.0	84.2

© Elite Swim Training · For individual athlete use

EXCLUSIVE BONUS

Split Calculator Chart

Find your goal time, read across for target splits. Print and laminate for the pool deck.

100 goal	25	50	75	100	200 pace/100
48.0	11.3	23.0	35.3	48.0	51.8
51.0	12.0	24.5	37.5	51.0	55.1
54.0	12.7	25.9	39.7	54.0	58.3
57.0	13.4	27.4	41.9	57.0	61.6
60.0	14.1	28.8	44.1	60.0	64.8
63.0	14.8	30.2	46.3	63.0	68.0
66.0	15.5	31.7	48.5	66.0	71.3
69.0	16.2	33.1	50.7	69.0	74.5
72.0	16.9	34.6	52.9	72.0	77.8
75.0	17.6	36.0	55.1	75.0	81.0
78.0	18.3	37.4	57.3	78.0	84.2

200 goal	50	100	150	200
1:45	24.7	50.9	77.7	1:45
1:53	26.6	54.8	83.6	1:53
2:01	28.4	58.7	89.5	2:01
2:09	30.3	62.6	95.5	2:09
2:17	32.2	66.4	101.4	2:17
2:25	34.1	70.3	107.3	2:25
2:33	36.0	74.2	113.2	2:33
2:41	37.8	78.1	119.1	2:41
2:49	39.7	82.0	125.1	2:49
2:57	41.6	85.8	131.0	2:57

© Elite Swim Training · For individual athlete use

EXCLUSIVE BONUS

Pre-Race Visualization Script

• Close your eyes. Breathe in for 4, out for 6. Feel the deck under your feet.

• See the block. Hear the whistle. Step up, set your feet, grip the edge.

• Take your mark — explode. Tight streamline, fast kicks, break out ahead of the field.

• Hold your stroke rate. At the wall: fast hands, tight tuck, strong push.

• Final 15 metres. Head down, no breath, finish long into the wall.

• Look at the scoreboard. See your goal time. Feel it. Open your eyes — you've already done it.

© Elite Swim Training · For individual athlete use

EXCLUSIVE BONUS

Meet Day Timeline

Milestone	Date	Target	Support needed	Done
First meet				[ ]
Mid-season test				[ ]
Conference / qualifier				[ ]
Championship				[ ]
Season review				[ ]

© Elite Swim Training · For individual athlete use

OFF THE POOL DECK

Fuel, Recovery & Wellbeing

Window	What to eat	Example
2-3 h before	Carb-rich meal, moderate protein	Rice bowl with chicken, fruit
30-60 min before	Light carbs	Banana, toast with honey
During (90 min+)	Fluids + electrolytes	500-750 ml sports drink
0-60 min after	3:1 carbs : protein	Chocolate milk, yogurt + granola
Daily	Protein 1.4-1.8 g/kg	Spread across 4-5 meals

BACK-OFF SIGNALS

Resting heart rate up 5+ bpm for 3 days · sleep under 7 h for a week · persistent shoulder pain · loss of motivation. Any two: replace the next hard session with EN1 + mobility and tell your coach.

Glossary

Term	Meaning
CSS	Critical Swim Speed — threshold pace per 100
DPS	Distance per stroke
Taper	Planned volume reduction before a peak meet
Negative split	Second half faster than first
Breakout	Transition from underwater to surface swimming
RPE	Rate of perceived exertion, 1-10
Microcycle	One training week
Macrocycle	The full season plan

© Elite Swim Training · For individual athlete use