

## **Pascal's Gyro Swim Loop Workouts**

Please note that if you are training for Olympic distance triathlons and are only doing 2 laps, use the 2nd lap workout for 1 day and the 3rd lap for the next session. The warm up should be used both times.

### **Workout 1**

Warm Up

500 easy to warm up (distance around the d-shape of the Gyro Swim loop) - concentrate on nice easy controlled strokes.

300 build (by the time you have 100 meters left you should be at a full sprint (great way to look fast in front of your peers))

relax for 100 meters

swim head up freestyle for 50 meters - this is to build strength and get you used to sighting

swim easy for 100 meters

head up for another 50 meters.

swim easy for 100 meters

swim hard for the last 50 meters and make the turn

final straight away concentrate on sighting and catch. Since the water is shallow it is an ideal time to practice shallower strokes and the catch.

Final lap easy working on nice easy pace.

Workout distance 2400

### **Workout 2**

Warm up for 600 meters

Moderate swimming for final 200 meters to move heart rate up

2nd lap

Dolphin dive to the 50 meter mark

swim 100 meters hard to simulate race start

then control to the final buoy (500 meter mark)

Build final 300 meter

Third lap

100 meter easy swim

50 meter sighting drill ( eyes closed swim 10 strokes - lift head and see where you are in relation to the next buoy (Caution - perform drill until you are close to the buoy and then swim with eyes open, those buoys don't give!)

100 meter regular swim

50 meter sighting drill again with eyes closed for 10 strokes

100 meter regular swim

100 meter strong

use the straight away for sighting and cool down.

Workout distance 2400