

Understanding paces and effort levels

Paces	Paces per 100	What you should feel and focus
Easy	C.S.S. + 7 to 10 seconds	<p>Can hold this pace for a very long time.</p> <p>Focus on a good technique but in the most relaxed way possible.</p> <p>Focus on a nice and high elbow position.</p>
Steady	C.S.S. + 5 seconds	<p>You should still feel good and be enjoying a pace that you could use for a long time (e.g. one hour, depending on current fitness).</p> <p>You should be able to maintain an efficient technique without suffering.</p> <p>Focus on distance per stroke with a stronger catch.</p>
Solid	C.S.S. pace	<p>Helps build endurance and strength.</p> <p>This pace requires you to optimize your distance per stroke and stroke rate as best you can.</p> <p>Focus on a very strong catch & pull as well as increasing your stroke rate (frequency) without losing your distance per stroke too much.</p> <p>The intensity should be high and constant from the first repetition to the last repetition of the set.</p> <p>The idea is to progressively increase the total distance and duration at that pace towards the competitive season (e.g. from 10 x 100 to 20 x 100 to 30 x 100...).</p>
Hard	C.S.S. less 5 seconds	<p>The goal is to give lots of power and strength in your strokes with a higher stroke rate.</p> <p>You can't hold this pace for a long time due to the lactate (lactic acid) being built up in the muscles faster than it is being eliminated.</p> <p>Focus on maintaining a good technique throughout the whole set especially when your body gets tired.</p> <p>Losing the technical focus at this pace, will lead to an inefficient stroke and consequently, a loss of speed. A good way to control this is to maintain a good distance per stroke or avoid adding more than two extra strokes per length.</p> <p>This pace requires longer rest time / intervals and recovery.</p>
Fast	N/A	<p>The goal is to give the maximum power and strength over a short distance while keeping your strokes long. The stroke rate is at its maximum.</p> <p>Maintaining your streamline and a good technique is also crucial at this speed to maintain efficiency and avoid developing injuries.</p>