Welcome to Outpace Workouts

Is this plan the right level for me?

The correct plan should allow you to do 6 to 10 (depending on the level) x 100 Freestyle swimming, at your best possible constant pace, throughout the entire set with about 5 to 10 sec. rest between repetitions.

In the first session of this plan (Week 1 – Session 1), there is a test set which should tell you if you are at the right level.

In this test set, if you had more than 10 seconds rest between each repetition, then you should move up to a faster level. If you had less than 5 seconds rest between more than two of the 100's or you could not start some repetitions on time, then you should switch to an easier level.

Consistency of pace during the set is important. If you swim the first few 100's too fast, you will likely get over 15 seconds rest between each 100 then you may encounter difficulties finishing the set (e.g. less than 5 seconds rest or even missing the start of the following 100's).

To ensure that you are currently using the most appropriate workout plan, I would recommend you do the **Critical Swim Speed (C.S.S.) test periodically** (e.g. every 8 to 12 weeks) as you should theoretically improve your fitness through the season. Check **www.outpaceswimworkouts.com** for further details.

Frequency of training

Research has shown that to develop endurance, we need a minimum of three training sessions per week, and to maintain fitness, we need two sessions, as long as they are relatively intense.

If you haven't swum for a long time, I would recommend starting with two sessions per week and over time, progressively increase the number of training sessions.

Each plan offers three weekly workouts. Feel free to adapt and use the plan in a way that suits your individual needs.

The intensity and paces of the swim sets increase progressively throughout the yearly program to ensure a constant progression and an opportunity to jump into the next level.

Always consult your doctor before starting the program.