

Understanding send-off intervals



Constant pace and rest are the foundation for developing your endurance and are best accomplished by swimming intervals. This ensures consistency and accountability of swimming pace and rest.

All main sets and pull sets on this plan are on send-off intervals.

This means you focus on when you start each repetition, not on the amount of rest in between.

Training with intervals is far more beneficial for developing your endurance than doing repetitions based on how much rest you want to get after each swim.

To manage send-off intervals you will need either a pace clock or a watch.

Send-off interval = swim + rest

The rest time is included in the send-off interval.

E.g. In a set of 6 x 100 on 2'00, each 100 is an interval within the set. This means that you have 2 minutes to complete a 100 before you begin the next one.

The rest time varies in duration depending on the specific aims of the set, e.g., endurance, power, speed...

Usually, the more intense or the faster the swim pace, e.g. solid, hard or fast, the longer rest therefore the longer interval you get.

On the other hand, if you are swimming at easy or steady pace, the chances are that the send-off intervals won't allow you much more than 10 seconds rest most of the time.

