

Freestyle Endurance Workout Ideas

Pyramid Sets:

Pyramids start with a short distance work up by a set increment to a longish distance and then repeat in reverse order from longer distance to shorter with same incremental change. Pyramid sets are really a “plateau” if you visualize them with the highest distance repeated. Doubling the top number yields a round number of yards making it easier to add up your yardage in a long workout.

An example of short pyramid is to start with a 25 yard swim and then step up 25 yards at a time to 100 and then back down to 25 yards for a total of 500 yards. It would look like this:

- 25 yards
- rest
- 50 yards
- rest
- 75 yards
- rest
- 100 yards
- rest
- 100 yards
- rest
- 75 yards
- rest
- 50
- yards
- 25 yards

Some common examples of Pyramid Sets to build Freestyle Endurance are:

25/50/75/100/100/75/50/25 = **500 yd. pyramid** to 100 by 25s

50/100/150/200/200/150/100/50 = **1,000 yd. pyramid** to 200 by 50s

100/200/300/400/400/300/200/100 = **2,000 yd. pyramid** to 400 by 100s

200/400/600/800/800/600/400/200 = **4,000 yd. pyramid** to 800 by 200s

Ladder Sets:

Similar to a pyramid, ladders start with a short distance and increase by a set amount to a higher distance. However they climb up without going down.

An example would be to swim up to 100 yards starting with 25 yards. It would look like this:

- 25 yards
- rest
- 50 yards
- rest
- 75 yards
- rest
- 100 yards

Common Ladder sets are:

25/50/75/100 = **250 yd. ladder** to 100 by 25s - often doubled for **500 yds.**

100/200/300/400 = **1,000 yd. ladder** to 400 by 100s

200/400/600/800 = **1,000 yd. ladder** to 1,000 by 200s

100/200/300/400/500 = **1,500 yd. ladder** to 500 by 100s

Divisions of a Distance:

This set repeats multiple divisions of the same distance.

A mile rounded up to 1600 yards could be broken down the following ways:

2 x 800 or 4 x 400 or 8 x 200 or 16 x 100

You could choose any subset and combination of these breakdowns.

An example set for dividing 1,600 yards could be the following:

4 x 400

8 x 200

8 x 100 = **4,800 yds.**

An example of dividing 800 yards could be the following:

1 x 800

4 x 200

8 x 100 = **2,400 yds.**

There are tons of possibilities here to mix up your workout.

However most people choose to finish with a set that repeats 100 intervals because they are most familiar with what they want their pace for 100 yards to be and want to see if they are hitting that pace at the end of their workout.

Continuous Distance Mixing 2 things:

My personal favorite doesn't have a name but it is most helpful when you wish to swim continuously for a certain distance but tend to lose count of your laps. I pick something to intermix with freestyle swim. I start with a distance that I repeat with whatever I'm mixing in and shorten my distance repeatedly to get the total number of yards I wish to swim continuously.

You could mix freestyle with pull, kick, drill or another stroke. (If you really don't want to stop to grab a kickboard or pull buoy simply flutter kick on your back or pull by dragging your legs without kicking.) So if you chose to do 500 yds. Freestyle mixed with Backstroke it would look like this:

- 100 Free (no rest in between each)
- 100 Back
- 75 Free
- 75 Back
- 50 Free
- 50 Back
- 25 Free
- 25 Back = 500 total continuous yards

Examples:

100 FR/100 BK/75 FR/75 BK/50 FR/50 BK/25 FR/25 BK = **500 yds.**

200 FR/200 Kick/150 FR/150 K/100 FR/100 K/50 FR/50 K = **1,000 yds.**

400 FR/400 Pull/300 FR/300 Pull/200 FR/200 Pull/100 FR/100 Pull = **2,000 yds.**

500 FR/500 swim with fins/400/400/300/300/200/200/100/100 = **3,000 yds.**