

Field Test to Set Swim Training Zones

This is a simple 1,000-meter (or yard) swim test that you can use to set your swim training zones based off of your pace at Lactate Threshold (LT-pace) for use with an [ENDURANCEWORKS](#) training plan.

Please note that if you are new to swimming and cannot swim 1,000 meters (or yards) continuously, you can shorten the distance (as a multiple of 100) to what you can swim for a moderately hard effort then use that multiple instead of 10 for 1,000. For example, if you swim 500 meters, then you divide by 5 in step 4 instead of by 10.



Determine swim training zone paces:

1. After warming up, swim 1,000 meters (or yards) as fast as you while pacing yourself across the entire distance. Record your 1,000-meter (or yard) time.
2. Take the 1000 time in minutes and multiply by 60.
3. Add the number of seconds. This is your overall time in seconds.
4. Take that number and divide by 10. Now you have the average time on the 100s in seconds.
5. Convert to minutes and seconds. You now have your LT-pace per 100 meters (or yards).
6. Adjust your LT-pace per 100 meters (or yards) for each Zone per the Pace Calculator below.

Example:

1. 1,000 m time = 15:14
2. $15 \times 60 = 900$ sec
3. $900 + 14 = 914$ s (total 1000 time in sec)
4. $914/10 = 91.4$ s (pace per 100 in sec)
5. 91.4 seconds \rightarrow 1:31 pace per 100 = Z4 pace
6. Z1 = Technique only / easy
Z2 = 1:41 per 100
Z3 = 1:36 per 100
Z4 = 1:31 per 100
Z5 = 1:26 per 100

Pace Calculator

ZONE	Pace per 100
Z1	Technique only / easy
Z2	LT-pace plus 10 seconds
Z3	LT-pace plus 5 seconds
Z4	LT-pace
Z5	LT-pace minus 5 seconds

Finally, be sure to cross-reference your training zones with Rate of Perceived Effort (RPE) to ensure that your training zones make sense:

ZONE	RPE (6-20 SCALE)	DESCRIPTION
Z1	10-12	Fairly light effort
Z2	12-14	Moderate effort
Z3	14-16	Moderately Hard
Z4	16-18	Hard
Z5	18-20	Very Hard

Do your training zones match the description of perceived effort for each zone?

If not, you may need to adjust your training zones up (or down) slightly to better match RPE. Keep in mind that setting training zones is not an exact science – as long as you are in the ballpark for your training zones then you will get the desired training effect.

WAIVER OF LIABILITY

What you are about to undertake is a fitness program. Injuries may occur in any exercise program, as with this specific program written by David Glover, Krista Schultz and ENDURANCEWORKS, LLC. By downloading and using this program, you are waiving any liability to David Glover, Krista Schultz or ENDURANCEWORKS, LLC. This is a training program that has worked for many others, but it may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regiment.