



PURPLE PATCH FITNESS: Return to Swim

What is it?

A three-week progression that aims to reacquaint triathletes with the water without overloading and possibly causing injury. We have 3 sessions per week that mix technical elements to reestablish good habits as well as typical endurance work to build resilience. Each week durations and distances creep up and as familiarity and fitness return we aim to introduce more intensity.

Outcome:

Arriving at the end of the three-week progression ready to resume normal swimming with no limitations. Fitness will be close, although not entirely restored to pre COVID levels and you'll have the confidence to not only hit the pool hard, but even race should the opportunity allow.

Week 1:

Time-Starved: 1200-1500y.

Time-Rich: 1800-2500y.

Heavy emphasis on toys. Snorkel for removing the breathing element, Buoy for good hip position. Plenty of PPF drill, and other technical elements which help set body position such as streamline kicking, wall kicking, and tech paddles to set elbow position. We do hit some building speed just to get the feel for swimming fast again. Overall, lower load with low intensity with a heavy emphasis on technique using our favorite toys. Aim to get in two swims, two if time and availability allow. Execute in numerical order. Remember, just getting wet is a success, so if you can only do 1000y or have 20 minutes, that's ok.

Swim 1: Endurance with Toys and 25s

FOCUS: We integrate using buoy and snorkel to help keep great alignment as we dive back into the pool. This session is purely about feel for the water. Feel free to use the rest intervals as a guide, and if form breaks down, just simply reset, rest and begin again.

WARM UP: [500]

500 easy free with every 4th lap as Purple Patch Drill. 3/3/3 strokes

PRE-MAIN: [300]

Fins and snorkel throughout:

3 x 100 as:
25 kick with hands outstretched maintaining good alignment
25 smooth swim
25 kick with hands outstretched maintaining good alignment
25 form-focused building by feel to ~85% effort

MAIN:

Time-Rich: [1500]

TWO ROUNDS:

2 x 200 smooth endurance at 70% effort with buoy and paddles(OK to use snorkel as well) with 15 sec rest

4 x 25 with 10 sec rest as:

1. Kick on back streamline
2. Build to strong 85% effort
3. Smooth form based 70%
4. Building to 95% effort

200 smooth endurance at 70% effort with buoy and paddles

2 x 25 building to strong 85% effort with 10 sec rest.

Time-Starved: [600]

2 x 150 smooth endurance at 70% effort with buoy and paddles(OK to use snorkel as well) with 15 sec rest

4 x 25 with 10 sec rest as:

1. Kick on back streamline
2. Build to strong 85% effort
3. Smooth form based 70%
4. Building to 95% effort

150 smooth endurance at 70% effort with buoy and paddles

2 x 25 building to strong 85% effort with 10 sec rest.

Swim 2: Eney Fun

FOCUS: We do some longer intervals to begin to build resilience. These are fully aided, to keep the hips up and form on point. Feel free to rest on the wall mid intervals. We want you swimming well, no suffering....yet.

WARM UP: [500]

500 easy with a mix of strokes

PRE-MAIN: [425]

3 x 75 at 75% effort with tech paddles on 10 sec rest

4 x 50 swim as 25 smooth - 25 build on 10 sec rest

MAIN:

Time-Rich:[2000]

TWO ROUNDS:

2 x 200 smooth endurance with Eney buoy at 75% effort with 20 sec rest
4 x 50 building effort 1-4 (70/80/85/90%) with 10 sec rest
2 x 150 smooth endurance with Eney buoy at 75% effort with 20 sec rest
4 x 25 as: ODD at 90% - EVEN at 70%

Time-Starved: [800]

2 x 150 smooth endurance with Eney buoy at 75% effort with 20 sec rest
4 x 50 building effort 1-4 (70/80/85/90%) with 10 sec rest
2 x 100 smooth endurance with Eney buoy at 75% effort with 20 sec rest
4 x 25 as: ODD at 90% - EVEN at 70%

Swim 3: Toys into Speed

FOCUS: We continue setting up body position with toys. Starting slow with intentional form and as the swims get faster and shorter we strip the toys.

WARM UP: [200-300]

5 min easy swimming with a mix of strokes

PRE-MAIN: [200]

FOUR ROUNDS:

20 sec Wall Kick

INTO

50 swim - Smooth down, building back

MAIN:

Time-Rich: [2000]

TWO ROUNDS:

200 with buoy, snorkel, and paddles at 75% effort with 20 sec rest
2 x 150 with buoy and snorkel at 80% effort with 15 sec rest
3 x 100 with snorkel at 85% effort with 10 sec rest
4 x 50 swim at 90% effort with 10 sec rest

Time-Starved: [1000]

200 with buoy, snorkel, and paddles at 75% effort with 20 sec rest
2 x 150 with buoy and snorkel at 80% effort with 15 sec rest
3 x 100 with snorkel at 85% effort with 10 sec rest
4 x 50 swim at 90% effort with 10 sec rest

Week 2:

Time-Starved: 1500-1800y.

Time-Rich: 2500-3000y.

We hit our first real speed and keep the intervals short. We still have plenty of work, both with Eney, paddles, and a bit of stroke rate work. Notice we "find out way into speed by keeping the intervals shorter so you can emphasize good form, we do some longer endurance work with toys to build endurance without sacrificing form. The load is still relatively low, as is intensity. By the end of this week, you should start to have your sea legs back.

FOCUS: Our first venture into speed with some crisp 25's sandwiched by smooth endurance swimming with light toy work to focus on form.

Swim 1: Intro to spice

WARM UP: [500-1000]

*If Time-Starved Half the intervals

400 Buoy/Band/Snorkel

300 Buoy/Snorkel

200 Snorkel

100 Swim

MAIN:

Time-Rich: [1800]

THREE ROUNDS:

300 smooth endurance at 75% effort with pull buoy. 30 sec rest

4 x 25 FAST with 5 sec rest

200 with paddles and pull buoy at 75% effort

45 sec rest between rounds.

Time-Starved: [1200]

THREE ROUNDS:

300 smooth endurance at 75% effort with pull buoy. 30 sec rest

4 x 25 FAST with 5 sec rest

200 with paddles and pull buoy at 75% effort

45 sec rest between rounds.

Swim 2: Longer toys

FOCUS: Today's swim works to build resilience with extended pieces of endurance, followed with some up tempo 100s where you can begin to practice speed.

WARM UP: [400]

400 easy swimming with a mix of strokes

PRE-MAIN: [300]

4 x 75 as Purple Patch Drill with 15 sec rest

MAIN:

Time-Rich: [1800]

500 smooth endurance at 70% effort with buoy, snorkel, and paddles. 30 sec rest
100 strong at 85% effort with 15 sec rest

2 x 250 smooth endurance at 70% effort with buoy, snorkel, and paddles. 25 sec rest
100 strong at 85% effort with 15 sec rest

5 x 100 smooth endurance at 70% effort with buoy, snorkel, and paddles. 20 sec rest
100 strong at 85% effort

Time-Starved: [1200]

300 smooth endurance at 70% effort with buoy, snorkel, and paddles. 30 sec rest
100 strong at 85% effort with 15 sec rest

2 x 150 smooth endurance at 70% effort with buoy, snorkel, and paddles. 25 sec rest
100 strong at 85% effort with 15 sec rest

3 x 100 smooth endurance at 70% effort with buoy, snorkel, and paddles. 20 sec rest
100 strong at 85% effort

Swim 3: Strong pulls into speed

FOCUS: Easy swimming to start but once into the main set we hit power-based form with paddles and Eney buoy, before progressing into controlled speed.

WARM UP: [400-600]

10 min easy swimming with every 4th lap double arm backstroke to open up the shoulders

PRE-MAIN: [400]

TWO ROUNDS:

*5 sec rest throughout

2 x 25 Fast

50 Easy

50 Fast

2 x 25 Easy

MAIN:

Time-Rich: [1800]

TWO ROUNDS:

2 x 150 smooth with paddles and Eney buoy at 75 effort with 20 sec rest
2 x 50 hard at 90% effort with 10 sec rest

2 x 100 smooth with paddles and Eney buoy at 75% effort with 20 sec rest
2 x 50 hard at 90% effort with 10 sec rest

2 x 50 smooth with paddles and Eney buoy at 75% effort with 20 sec rest
2 x 50 hard at 90% effort with 10 sec rest

Time-Starved: [900]

2 x 150 smooth with paddles and Eney buoy at 75 effort with 20 sec rest
2 x 50 hard at 90% effort with 10 sec rest

2 x 100 smooth with paddles and Eney buoy at 75% effort with 20 sec rest
2 x 50 hard at 90% effort with 10 sec rest

2 x 50 smooth with paddles and Eney buoy at 75% effort with 20 sec rest
2 x 50 hard at 90% effort with 10 sec rest

Week 3:

Time-Starved: 2000-2500

Time-Rich: 2800-3600

The gloves come off this week as many of the sessions assume the flavor and intensity of normal swims. We are still careful to not overload, but there's plenty of work to be had this week. Notice we still rely heavily on the toys, and the fast intervals are still on the shorter side. This is so we can swim fast with great form. Success is ending this week feeling confident to resume normal swimming with no restrictions, and the belief that you could go race if you desired.

Swim 1: Stroke rate and endurance

FOCUS: Today's session brings some uptempo shorter intervals with a focus on increasing stroke rate broken up with some longer smooth endurance.

WARM: [500]

500 swim with a mix of strokes

PRE-MAIN: [600]

200 with paddles, Eney buoy and snorkel at 75% effort with 20 sec rest
200 with buoy only at 75% effort with 20 sec rest
200 swim at 75% effort with every 4th lap FAST

MAIN:

Time-Rich: [2400]

TWO ROUNDS:

4 x 100 with Stroke Rate +5 (using the Tempo Trainer) at 80% effort with 10 sec rest
200 smooth with empty Eney Buoy at 70% effort with 15 sec rest
5 x 50 with Stroke Rate +7 at 85% effort with 10 sec rest
200 smooth with empty Eney Buoy at 70% effort with 15 sec rest
6 x 25 with Stroke Rate +10 at 90% effort with 10 sec rest

Time-Starved: [1200]

4 x 100 with Stroke Rate +5 (using the Tempo Trainer) at 80% effort with 10 sec rest
200 smooth with empty Eney Buoy at 70% effort with 15 sec rest
4 x 50 with Stroke Rate +7 at 85% effort with 10 sec rest
200 smooth with empty Eney Buoy at 70% effort with 15 sec rest
6 x 25 with Stroke Rate +10 at 90% effort with 10 sec rest

Swim 2: Descending 50s

FOCUS: Today's swim works to build resilience with extended pieces of endurance, followed with some up tempo 100s where you can begin to practice speed.

WARM UP: [400]

400 easy swimming with a mix of strokes

PRE-MAIN: [300]

4 x 75 as Purple Patch Drill with 15 sec rest

MAIN:

Time-Rich: [1800]

500 smooth endurance at 70% effort with buoy, snorkel, and paddles. 30 sec rest
100 strong at 85% effort with 15 sec rest

2 x 250 smooth endurance at 70% effort with buoy, snorkel, and paddles. 25 sec rest
100 strong at 85% effort with 15 sec rest

5 x 100 smooth endurance at 70% effort with buoy, snorkel, and paddles. 20 sec rest
100 strong at 85% effort

Time-Starved: [1200]

300 smooth endurance at 70% effort with buoy, snorkel, and paddles. 30 sec rest
100 strong at 85% effort with 15 sec rest

2 x 150 smooth endurance at 70% effort with buoy, snorkel, and paddles. 25 sec rest
100 strong at 85% effort with 15 sec rest

3 x 100 smooth endurance at 70% effort with buoy, snorkel, and paddles. 20 sec rest
100 strong at 85% effort

Swim 3: Smooth 200s with extended pickups

FOCUS: Easy swimming to start but once into the main set we hit power-based form with paddles and Eney buoy, before progressing into controlled speed.

WARM UP: [400-600]

10 min easy swimming with every 4th lap double arm backstroke to open up the shoulders

PRE-MAIN: [400]

TWO ROUNDS:

*5 sec rest throughout

2 x 25 Fast

50 Easy

50 Fast

2 x 25 Easy

MAIN:

Time-Rich: [1800]

TWO ROUNDS:

2 x 150 smooth with paddles and Eney buoy at 75 effort with 20 sec rest

2 x 50 hard at 90% effort with 10 sec rest

2 x 100 smooth with paddles and Eney buoy at 75% effort with 20 sec rest

2 x 50 hard at 90% effort with 10 sec rest

2 x 50 smooth with paddles and Eney buoy at 75% effort with 20 sec rest

2 x 50 hard at 90% effort with 10 sec rest

Time-Starved: [900]

2 x 150 smooth with paddles and Eney buoy at 75 effort with 20 sec rest

2 x 50 hard at 90% effort with 10 sec rest

2 x 100 smooth with paddles and Eney buoy at 75% effort with 20 sec rest

2 x 50 hard at 90% effort with 10 sec rest

2 x 50 smooth with paddles and Eney buoy at 75% effort with 20 sec rest

2 x 50 hard at 90% effort with 10 sec rest