

Sprint Training – Is It Right for You?

Sprint training is designed for swimmers who want to improve their speed, power, and race performance. Practices will emphasize explosive swimming, race pace, starts, turns, finishes, and sprint-specific skills.

Sprint Training is for swimmers who:

- Have a primary interest in sprint events (50s and 100s).
- Want to develop greater speed and power.
- Prefer sprint-focused training over endurance-focused training.
- Are motivated to train at a high intensity.

THINGS TO CONSIDER

Sprint training is physically demanding. To help reduce the risk of injury, swimmers should have completed at least one month of consistent swim training before sprinting. This provides the fitness and technical foundation needed for high-intensity training.

Sprint Training May Not Be the Best Fit If:

- Your primary goal is general fitness rather than competitive sprint performance.
- You prefer endurance or distance-focused training.
- You have not yet completed at least one month of regular swim training.

If your primary goal is general fitness or overall conditioning, you will benefit more from continuing with Threshold/Endurance training at this time.

Interested?

In future workouts, there will be sprint specific training. Depending on numbers interested, we may dedicate specific lanes to sprinting, and specific lanes to threshold training. As you have likely observed, with the summer vacations and schedules, members attendance is less consistent than during our regular season. Please take the time to read the coaches note in the upcoming weeklies and consider which training style best matches your goals and what you most enjoy in the pool. If sprint training is an option, be prepared for swimming in a different lane than you are used to. Colleen and Iain will help to balance the lanes.