

Tips for Training for Long Course in a Short Course Pool

Swimming World says...

- Great swimmers have achieved at the highest levels in Long Course only training Short Course
- Add extra yardage (swim sets of 225s instead of 200s)
- Use cords to create the effect of a longer pool
- Increase kicking endurance and strength

Swim Outlet says...

- Add an extra 25 to your repeats on sets (125s instead of 100s; 75s instead of 50s)
- Work turns/walls/streamlines extra hard (Avoid “rest” – you won’t have it in Long Course!)
- Finish each swim strong – finishing speed more important in Long Course
- Incorporate hard kick sets into training

Swim Swam says this and this...

- Kick harder and longer
- Use dryland to build leg strength and endurance, and to improve overall aerobic conditioning
- Incorporate race-pace with strong finishes into some practices to simulate swim meets
- Set goals that are measurable and specific, short-term (monthly) and seasonal
- Get in good shape in April – pool and dryland
- Focus on improving distance per stroke (more crucial in Long Course)
- Have occasional race-days in practice to compensate for fewer Long Course meets

Swimming Technique says...

- Emphasize long, quality workouts – high yardage
- Alternate aerobic and anaerobic work (wear yourself down a little and then push harder!)
- Use cords to create the effect of a longer pool (swim stationary for a certain # of cycles, accelerating to the wall only at the end, then rest and repeat)
- Work kicking hard – use cords or other resistance for kick sets

Arena says...

- Improve your technique – Long Course means longer distances where technique matters
- Increase your aerobic base
- Train your legs