

## **Lesson Focus: Tempo**

Because it don't mean a thing if it ain't got that... tempo!

Most of you in this class have probably figured out by now that when swim coaches say *rhythm*, most often they mean *tempo*. A rock-solid-steady tempo at that. Today we will focus on tempo.

## **Warm-Up**

Full rest between repeats.

Technique focus for warm-up: Even tempo

4 Laps: Easy, striding, flowing freestyle

4-8 Laps: Find your comfortable endurance swimming tempo with the Tempo Trainer

## **Main Set: Changing Tempo**

2 Laps: Swim at your endurance tempo. Note your elapsed time and strokes per length (SPL)

Repeat the following sequence until you are going as fast as you can maintain for 2 laps:

Increase your tempo by lowering the Tempo Trainer setting by 2 hundredths of a second.

2 Laps: Note your elapsed time and SPL

## **Video**

Over the water (most likely). Focus on rhythm.

## **Warm-Down**

Focus on perfectly even rhythm at a very slow speed.

4 Laps.

## **Video Review**

Focus: Rhythm