

&

:

—

,

⋮

μ

μ

$\mu\mu$

μ

-

(En1)

/

-

(En2)

/

-

(En3)

(En1)

En1 - *

•

•

•

•

•

μ

*

μ

μ

μ

μ

.

μ

μ

μ

μ

μ

μ

.

μ

μ

(En1)

En1 -

• μ

• μ

(μ)

•

•

(En1)

_____ μ

•

500 μ . / 6'
2000 μ . / 20'

•

200 μ . / 2'

•

$\mu\mu$
5-10'' μ
10-20'' μ
20-60'' μ

•

μ 1 – 3 mmol/l
2-6''
 μ 120-150 (30-60 μ)
 μ μ 12-14/20

(En1)

-

(μ)

-

-

$\mu\mu$

(En1)

_____ μ

μ 8-12 μ
(60-70%)
 μ (50-60%
)

(En2)

En2

•

μ

μ

μ

•

μ

μ

•

μ

μ

•

VO₂max

*

μ

μ

(

).

μ

μ

.

(En2)

_____ μ

- 500 μ . / 6'
2000 - 4000 μ . / 20 - 45'

- 200 μ . / 2'

- $\mu\mu$
5-10'' μ
10-20'' μ
20-60'' μ

- 3-5 mmol/l
 μ 10-20 μ
 μ μ 15-16/20

(En2)

 μ

20 - 40 x 100 μ 10'' μμ

10 - 20 x 200 μ 10'' μμ

5 - 10 x 400 μ 15'' μμ

3 - 4 x 800 μ 30'' μμ

5 x 200 (10'') + 3 x 300 (15'') + 2 x 400 (20'')

(En2)



μ

μ

μ

,

)

,

(

μ

μ

.

•

()

•

$\mu\mu$

•

(En2)

_____ μ

•

•

3 - 4 μ

μ μ

• 1 - 1½ μ

•

4 - 5

$\mu\mu$ 12

μ

•

3 - 4

$\mu\mu$ 6

μ

(En3)

En3 *

•

μ

•

μ

μ

μ

•

μ

μ

μ

*

μ

μ

.

(En3)

_____ μ

- 500 μ . / 6'
1200 - 2000 μ . / 15 - 20'

•

- $\mu\mu$
10-30'' μ
30-60'' μ
1'-2' μ

•

μ
1-2''

μ μ

18-20/20

(En3)

_____ μ

20 x 50 μ 15'' $\mu\mu$

15 - 20 x 100 μ 10-30'' $\mu\mu$

6 - 10 x 200 μ 10 - 30'' $\mu\mu$

3 - 5 x 400 μ 15'' - 1' $\mu\mu$

2 x 300 (30'') + 3 x 200 (30'') + 5 x 100 (30'')

10 - 20 x 100 μ μ $\mu\mu$

(En3)

-

-

-

μμ

(En3)

_____ μ

•

•

μ

μ En1/En2

•

3 - 4

μ

μ

μ

• $1\frac{1}{2} - 3 \mu$

•

1 - 2

μ

•

μ

μ

μ

()

$\mu\mu$

Fartlek

μ

Cruise interval

μ

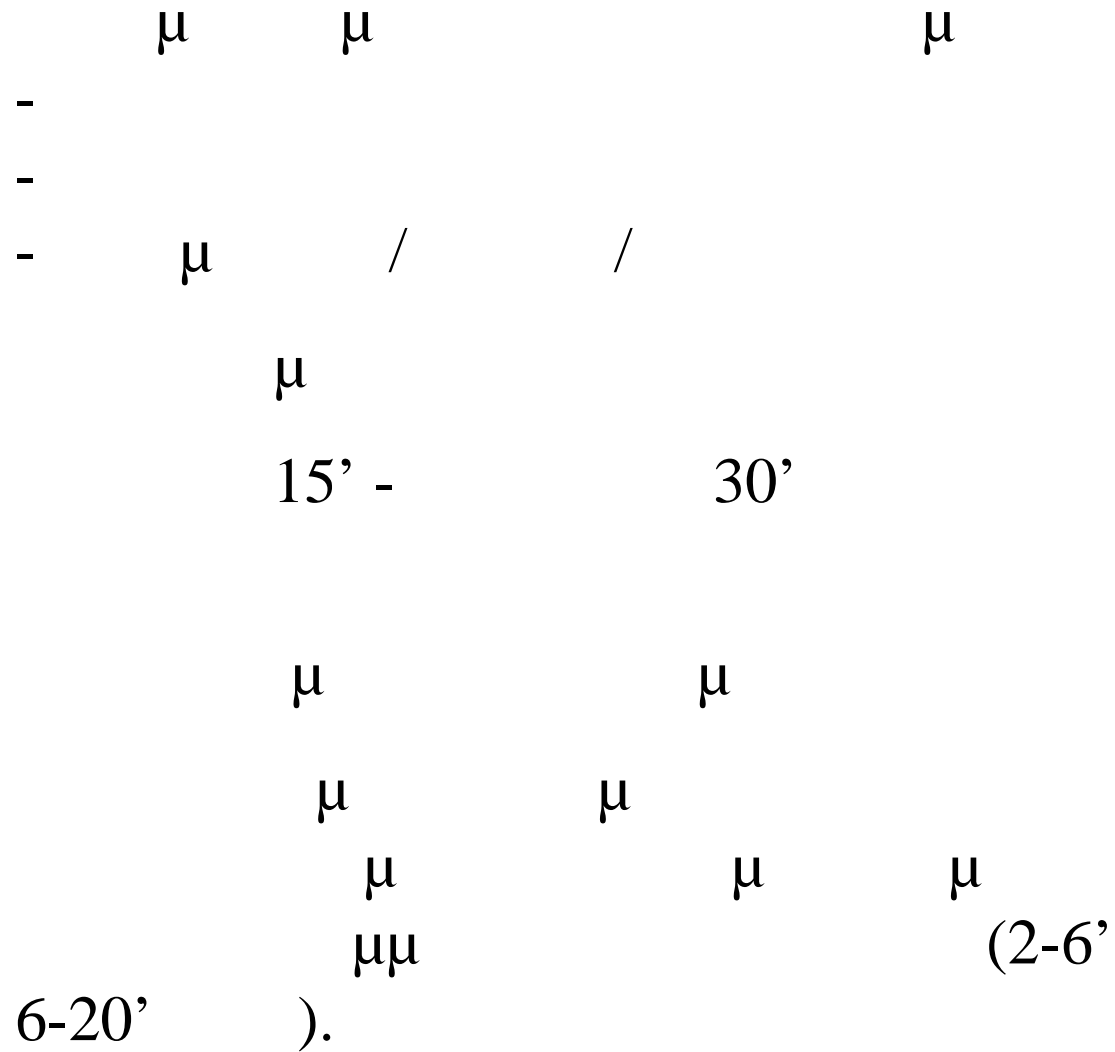
Australian heart rate repeat sets

μ

$\mu \quad \mu$

$\mu \quad \mu \quad \mu\mu$

Fartlek (speed play)



Fartlek (speed play)

μ Fartlek μ

- 1000μ. 50μ. μ 50μ.

•

- 800μ. 75μ. μ 25μ. .

μ Fartlek

- 700μ. 25μ. μ 75μ. .

Cruise interval

μ μ μ μ

μ cruise interval

- 10 x 100 μ 10'' μμ
- 14:10 = 850'' + 10'' = 860''
- 860 / 10 = 86'' = 1:26
- 1:30
- cruise interval 1:30
- (μ + μμ 100μ. -
1:30)

Cruise interval

15 - 30'

(En2)

100μ.	cruise interval
200μ.	cruise interval x 2
300μ.	cruise interval x 3

(En1)

100μ.	cruise interval + 5-10''
200μ.	(cruise interval + 5-10'') x 2
300μ.	(cruise interval + 5-10'') x 3

(En3)

(15')
100μ.	cruise interval - 5''
200μ.	(cruise interval - 5'') x 2
300μ.	(cruise interval - 5'') x 3

Australian heart rate repeat set

- 15-30'
- 100-400μ. μ μ
 50-200μ. μ μ
 50-100μ. μ
- μ μ μ En1 μ
 μ (. . 2' 100μ. -
 30-40'' μ μ)
- μ
 10-20 μ μ μ 500μ.
 μ 200μ.

Australian heart rate repeat set

μ 15 x 100 2' μ
: 1:09 / μ : 211

/ /

1 / 1:20.9

9 / 1:18.2 / 195

2 / 1:20.6 / 181

10 / 1:17.7 / 195

3 / 1:19.5 / 185

11 / 1:17.7 / 197

4 / 1:19.5 / 186

12 / 1:17.3 / 198

5 / 1:19.2 / 187

13 / 1:17.2 / 199

6 / 1:18.4 / 190

14 / 1:17.2 / 200

7 / 1:17.9 / 191

15 / 1:15.5 / 205

8 / 1:17.6 / 192

$\mu \quad \mu \quad (\quad)$

μ

μ

μ

μ

μ

$(En1, En2, En3)$

μ

μ

μ

μ

μ

μ

$($

μ

μ

$).$

μ

μ

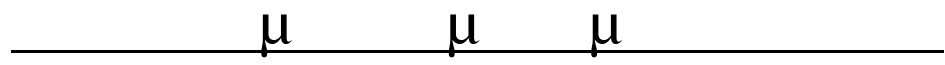
μ

μ μ ()

• 15' - 1000μ.

•

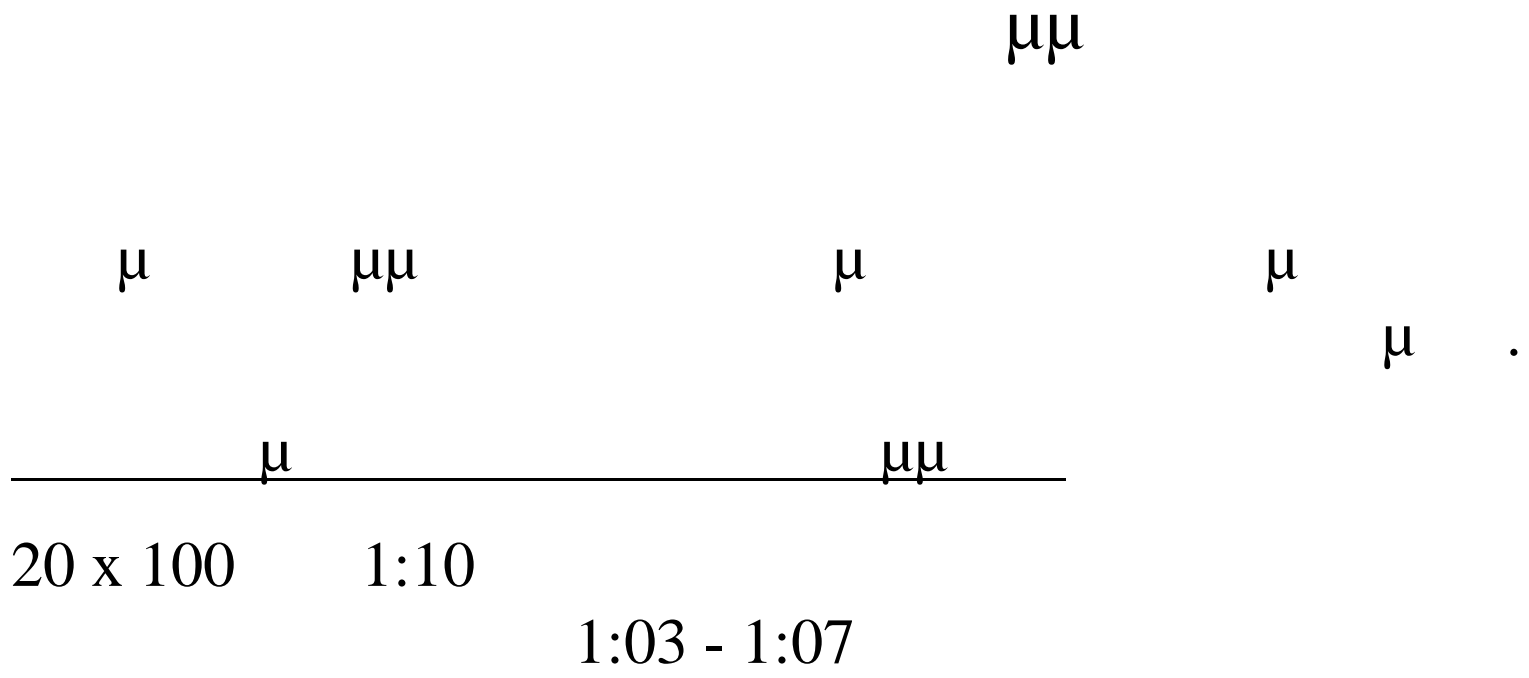
• μμ μ



6 x 400 6'

6 x 300 3:45

* μ



μ

μ

μ

μ

μ

.

,

μ

μ

μ

μ

5 x 100 1:30

3 x 100 (En1)

2 x 100 (En2)

4 x 100 (En1/En2)

1 x 100 (En3)

μ

μ

μ

μ

μ

μμ .

,

μ μ

μμ

μ

(En1/En2)

μ

μ

μ

μ

μ

μ

μ

μ

μ

4 x 200

2:45 (En1)

6 x 150

2:30 (En1)

8 x 100

1:45 (En1)

10 x 50

50'' (En2/En3)

μ

μ

μ

μ

(μ

μ

μ

)

μ

(

,

)

3-4

μ

/ 4-5

μ

1-2

μ

_____ μ μ

4-8 x 25 1'

μ

6 x 50 μ
2'

4 x 100 μ
2'

10 x 100 μ 2,3, 4
1:30

6 x 200 μ 2 3
3'

4 x 200 μ 2 3
3'

μ

50

μ

2

μ

100

μ

3

50

μ μ μ (μ)

.

μ μ μ

μ

μ μ μ μ

-

μ

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