

SWIMMING: STP & RPE



RPE	EFFORT TYPE	ZONE	SWIM PACE, TIME +/- STP 100m SPLIT PACE	HOW DOES IT FEEL?
<2	ACTIVE RECOVERY	Z1	STP +0:21/100m Your Zone 1 pace: seconds/100m	<ul style="list-style-type: none"> • I'm practically just floating! • Lazy-River type pace • Just doing enough to not be sinking • Concentration required to maintain such an easy pace (unless you just finished an interval) • Used for recovery between intervals and on days of active recovering • You can go a very long time without needing to take a breath
3-4	ENDURANCE	Z2	STP +0:20 to +0:10 /100m Your Zone 2 range: to seconds/100m	<ul style="list-style-type: none"> • Not too hard, not to easy, this feels just right! • The pace you could keep up just about all day long • You are going just hard enough to get a good rhythm going, but you aren't kicking hard and you aren't straining to move your arms through the water. • Most concentration at this effort is focused on quality form • You can go multiple strokes without needing to take a breath
5-6	TEMPO	Z3	STP +0:09 to +0:05 /100m Your Zone 3 range: to seconds/100m	<ul style="list-style-type: none"> • I can do this for awhile without needing to touch the wall" • Pace you would just be able to maintain for the swim leg of an Iron Man, when done continuously will not feel difficult for the first 15-25 minutes • Greater sensation of fatigue in the arms and core • You need to concentrate to keep this pace while maintaining good form • You need to settle into a good rhythm of only a few strokes between breaths
6.5-7	SUB-THRESHOLD (SUB STP)	Z4a	STP +0:04 to 0:00 /100m Your Zone 4a range: to seconds/100m	<ul style="list-style-type: none"> • I don't have to do this for that long right?" • A little slower than what you would do for a 1 mile open swim, should not feel too difficult for the first 10-20 minutes • Your arms, core and legs are starting to burn • A majority of your concentration should be focused on maintaining good form, you aren't going so hard that you are only thinking about the suffering. • A definite rhythm of breathing every other stroke is required when doing this type of effort for extended periods of times.
7.5-8	SUPRA-THRESHOLD (SUPRA STP)	Z4b	STP -0:01 to -0:04 /100m Your Zone 4b pace: seconds/100m	<ul style="list-style-type: none"> • "This is starting to hurt!" • About the pace you would maintain for an Olympic Distance triathlon swim. • Your whole body is getting in on the unpleasantness for this effort • Concentration is evenly split between keeping good form and maintain the effort since it is starting to get painful. • Breathing rhythm is critical at this point, you can't go more than 2 strokes without needing to breathe.
8.5-9.5	VO2MAX	Z5	STP -0:05 to -0:10 /100m Your Zone 5 range: to seconds/100m	<ul style="list-style-type: none"> • "Where is the nearest wall I can grab onto so I don't sink?" • This is about your 200m pace • Any session that has you swim at this pace for more than 500m will ensure you struggle to climb out of the pool • Breathing Rhythm is very important at this point, however you will not be able to get enough oxygen in regardless, so keeping with the breathing rhythm of your race pace will be the best way to go.
10	ANAEROBIC CAPACITY /NEURO-MUSCULAR POWER	Z6	<STP -0:11/100m Your Zone 6 pace: seconds/100m	<ul style="list-style-type: none"> • I am practically a fish right now" (purely internal monologue at this point) • Extremely short efforts done as absolute maximal effort usually only a single length of a 25m pool. • These efforts rely on your neuromuscular system or "sprint system" • Complete recovery from one of these efforts requires several laps of easy swimming

YOUR STP IS seconds/100m