

## LESSON 7: INTERVAL SWIM WORKOUT

### Grade-Level Outcomes

#### Primary Outcomes

**Lifetime activities:** Demonstrates competency and/or refines activity-specific movements in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

**Fitness activities:** Demonstrates competency in 2 or more specialized skills in health-related fitness activities. (S1.H3.L2)

**Engages in physical activity:** Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)

**Rules & etiquette:** Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)

#### Embedded Outcome

**Safety:** Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)

### Lesson Objectives

The learner will:

- complete a prescribed interval swim workout.
- demonstrate proper swim etiquette and safety rules when swimming in a group.
- demonstrate sighting techniques used in open water swimming.
- demonstrate personal interval time keeping by reading and analyzing the pace clock.

### Equipment and Materials

- Swim goggles
- Pace clock
- Kickboards

### Introduction

*In our previous class, you worked on your swim technique and form. Today, we will incorporate those drills into our warm-up and then complete a sample interval swim workout that you can incorporate into your personal training.*

## Instructional Task: Pool Swim Workout

### ■ PRACTICE TASK

Lead students in a dynamic warm-up on the pool deck.

Discuss lane etiquette: circle swimming and splitting lanes.

Students complete a prescribed workout of 800 to 1,000 yards or meters. For example:

- 8 × 25 on :45 (review of drills from previous class)
- 4 × 50 on 1:00-1:15 or 15 seconds' rest
- 6 × 100 on 1:45-2:00 or 20 seconds' rest

**Refinement**

While students are swimming their laps, observe their stroke mechanics and provide feedback during rest intervals. Reinforce cues given in Lesson 6.

**Student Choices/Differentiation**

- For intervals, group students into lanes based on ability level.
- Give both time and rest intervals for both sets; adjust as needed.
- Students may change strokes if they can't complete the workout using all freestyle.

**What to Look For**

- Students are performing the movements during the dynamic warm-up correctly.
- During drills, students are focusing on the drill, not the interval.
- Students are watching the clock for their intervals.
- Interval provides an appropriate challenge.
- The time allows most students to be successful.

**Instructional Task: Sighting for Open-Water Swimming****■ PRACTICE TASK**

Demonstrate two different ways to “sight,” which involves looking straight ahead every now and then while swimming in open water to stay on course.

Students swim  $3 \times 100$  yards or meters of freestyle, with 30 seconds' rest, practicing sighting two times during each length.

**Extension**

Set out a buoy course in the deep end of the pool, and have students swim the course while sighting the buoys.

**Guiding questions for students:**

- Did your stroke technique change when you started sighting?
- How did this affect the efficiency of your stroke?
- Did you struggle with the breathing and the timing?

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**EMBEDDED OUTCOME: S4.H5.I.1.** Use the sighting task to reinforce the importance of sighting for swimming in open water safely.

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**Student Choices/Differentiation**

- If students are having difficulty, increase the rest interval and decrease the interval length.
- Attempt just one sighting per interval until students are more comfortable with the skill.

**What to Look For**

- Students' sighting is becoming rhythmic.
  - Students incorporate sighting smoothly into their swimming.
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## Formal and Informal Assessments

Exit slip: What are the benefits of sighting in an open-water swim?

## Closure

- This week we focused on the swim portion of the triathlon and developing a more proficient technique. You should incorporate the drills we completed into your own personal swim workouts. Today's workout was a sample pool workout, giving you options of set intervals and rest intervals; this should carry over to your development of your workouts.
- Our triathlon will be in open water, without benefit of the nice black line on the bottom of the pool. So, we worked on sighting, which will be a major component of your comfort in open-water swimming.
- In every one of your pool workouts, try to incorporate a mini-set that focuses on sighting.
- Next time, we will take it to the track and work on our running.
- Then, we will have a quiz on the five phases of training.

## Reflection

- Was the pool workout challenging enough?
- Were students able to grasp the concept of sighting?
- Do they need to spend more time on that technique?

## Homework

- Continue working on your research abstracts. Your presentations are coming up soon.
- Continue your workouts and journaling.
- Review for the quiz you'll take in our next class.

## Resources

USA Triathlon: [www.usatriathlon.org](http://www.usatriathlon.org)

Triathlete: [www.triathlete.com](http://www.triathlete.com)

US Masters Swimming: [www.USMS.org](http://www.USMS.org)

Internet keyword search: "sighting for open-water swimming"