

STOCKHOLM CITY  
**TRIATHLON  
CLUB** 

**CLUB SWIMMING  
INFORMATION  
PACK 2024**

*Join the club community to keep up to date on  
all SCT swim, bike, run and events:*



[WWW.SCT.NU](http://WWW.SCT.NU)



## POOL AND SESSION RULES

**Pool Entry** – Get an entry card by showing your SCT profile page on your mobile (sct.nu -> mitt konto) to the reception at Eriksdalsbadet

**Kantvärdar (KV's)** – Evening sessions will have an experienced SCT swimmer poolside to brief and answer any questions you may have about the session.

**SCT Swim Sessions** – all club swim sessions are held at **Eriksdalsbadet**.

All evening sessions are in the **50m** pool:

**Tuesday** – 21:00-22:00 – 5 lanes

**Thursday** – 21:00-22:00 – 5 lanes

**Sunday** – 18:00 - 19:30 – 7 lanes

All morning sessions are in the **25m** pool:

**Tuesday** – 06:30-07:30 – 4 lanes

**Thursday** – 06:30-07:30 – 4 lanes

**Arrive to each session 15minutes before the start** to hear the briefing and ask any questions needed.

**Session Plans** - The plans will be posted in Facebook at the start of each week. Evening session will be managed by the KV team, morning sessions will be printed and left at the end of the lanes to follow.

**Lane Rope Set Up** – we, as a club, must set up the lane ropes on Tuesday and Thursday evenings. Arriving to poolside 15minutes early also allows for the lanes to be set up.

**Own Swimming** – pool space is limited, and sessions are well attended; therefore, it is **NOT** possible to swim your own session. To do so would disturb the flow of the set programme, regardless of this, sessions have been tailored to the needs of the sport and lane ability.

**Schedule Changes** - Occasionally pool events / competitions occur that restrict our training times. Please see SCT Web Calendar and Facebook group for updates.

**Eriksdalsbadet Rules** - Do not put bags on the pool deck, shower before swimming and help with lane ropes.

**Swim Ability** – Sessions are tailored by lane for a wide range of abilities. **Unless SCT hosts a beginner's course, you are expected to be able to swim at least 200m continuous front crawl.**

**Swim Support Documents** – please refer to the swim session management, session execution and terminology documents on the Facebook group

**CONTACT** – for any questions / requests relating to the club swim session contact the club or Head Swim Coach.

Club contact: [info@sct.nu](mailto:info@sct.nu)

Swim Coach, Matt: [matt@mastersoftri.com](mailto:matt@mastersoftri.com)

## 1 - KNOW THE SESSION

Sessions are posted at the start of each week in the members Facebook group. Review them **BEFORE** attending the sessions so you know what to expect and come prepared with the right kit and any questions.

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## 2 - HAVE THE RIGHT TOOLS FOR THE JOB

When reviewing the session plans make a note of **WHICH** tools to bring – check their “health” regularly; replace / fix if needed.

A limited supply of spares are available at sessions.

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## 3 – ARRIVE 15min EARLY

Getting on poolside 15min early for a session gives you a chance to listen to the briefing, do mobility work and prepare the lane ropes

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## 4 - LANE LEADERS

Appointing a lane lead should be easy; using the target times is the “official” way of doing so, otherwise use past experiences to sort the lane order.

The leader **MUST** understand the set, the intervals, be able to see and read the pace clock and have a good sense of pace. They should also **COMMUNICATE** with others in the lane.

Lane leaders should also adapt to the day – move **UP** a lane or **drop back** a position if needed. Leaders must not be too strong (in performance) and leave the other swimmers behind (and get in the way of others).

## 5 - LANE ORDER

Lane order will vary day to day depending on session attendance and your energy levels. Moving up or down places/lanes is OK! If swimmers are in the wrong order, not pacing properly (swimming too fast/slow because of being energized / tired) it could sabotage everyone's training outcome...

Overtaking mid-set should be rare, instead, tap the persons foot in front to indicate you are there, then pass at the next wall.

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## 6 - LEARN YOUR TARGET TIMES/EFFORT/HR

We do time trials periodically to establish target times. These **TARGETS**, perceived effort, HR levels are for you to hit, **NOT beat!**

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## 7 - MIND THE GAP!

There should **ALWAYS** be at least a 5-second gap between swimmers, **NO EXCUSES!** In the 50m pool it could be 10-seconds!

Leaving less space is **CHEATING**. Unless specifically stated, do NOT to draft in pool sessions. You will not have a quality session and gain the individual training adaptations but will annoy teammates and the coach!

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## 8 - USE THE POOLSIDE CLOCKS

Stop “button bashing”! The analogue poolside clock or digital clock on the screens are all that is needed for **PERFECT** management of sessions.

At most, start your “smart” watch at the start of the session, finish it at the end – **no touching mid-set**.

*“Anything worthy of your passion should be worthy of your preparation.”- Sue Enquist*

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## 1 – FOCUS; TAKE RESPONSIBILITY

The best training plan and coaching input in the world is only the “best” if you make it so.

**YOU** can **CHOOSE** to take responsibility of the information you are presented with and to apply it – most input is simple, but it will take thought and control (of your ego) in the early stages.

Corrections/movement control takes a lot of focus and often a sacrifice of speed (place in the lane). The fitter/faster you get, the more important movement execution becomes to overcome drag and maintain efficiency...

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## 2 – SESSION CONTENT UNITY

Session content is designed for the “masses” and the allotted pool time.

In general, you will be training in “busy” lanes with a small spread of ability. Everyone has a responsibility to create UNITY in the lane.

Sets and reps **NEED** to be coordinated:

- If you start early, e.g., before 06:30 on Tues / Thurs, any swimming you do is **BONUS** swimming, **the session starts at 06:30**.
- If you are caught up and lapped, join in behind the leaders, do **NOT** continue where you were.

60min of swimming is 60min of swimming, total distance **WILL** vary depending on ability, but 60min is 60min!

## 3 - STREAMLINED PUSH-OFFS

A super simple process that **EVERYONE** can (choose) to do – push off the wall strong and get your body into a long sharp pencil shape. This gives you speed, but more importantly, gives you a feel of optimal **ALIGNMENT**; a long horizontal position – with or without a pull buoy.

(Streamlining **CANNOT** be attained if you are obsessed with “button bashing”!)

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## 4 - CONTROL YOUR RECOVERY

As soon as you touch the wall the rest period begins. Get in the habit of finishing, hold the wall / lane rope (out of the way of others), looking at the pool clock, controlling your breathing while leaving your goggles, etc alone.

10RI = 10seconds rest interval... not **MORE** and not **LESS**. Don't be **REST BANDITS**.

There is an optimum way to “train”, but there is also an optimum way to “rest”.

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## 5 - REFUEL A.S.A.P.

You only get stronger, fitter, faster if you recover from the training stress. Bring a post session snack to **ALL** sessions.

Keep it simple, have something with carbs and proteins in an easy to transport form.

*“Concentrate on what will produce results rather than on the results, the process rather than the prize” - Bill Walsh*

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## Pull Buoy

This pull buoy generally fits most, if you are taller, you may need bigger...



## Hand Paddles

A small (size "0.5") AND bigger pair (sizes "1" or "2" for the stronger swimmers) WITH wrist and finger straps.

## Centre Snorkel

Used for ultimate stroke focus.



## **Ankle Bands**

Making one out of an old bike innertube works perfectly! (3 ankle bands from one tube!).

## Fins

Used to assist the ARMS, not for leg work!



## **Resistance bands / Bungee cord**

For mobility and activation before sessions.

## **(Telescopic?) Broom Handle / Ski Pole**

For mobility and activation before sessions.



# SWIMMING TERMINOLOGY

What you will encounter in club sessions...

Programme Text		Equipment		Drills	
Abbreviation	Explanation	Abbreviation	Explanation	Abbreviation	Explanation
10, 25, 40, 50, 100, ...	Repeat distance / working distance: 20metres, 25m, 40m, 50m, 100m, etc	P (little p)	Pull buoy: one that suits your body / alignment in the water. SOFT KICKING IS STILL ALLOWED	Fists	Swim with your hands held in a fist BUT keep your fist / arm relaxed.
RI	Rest Interval – the rest period between EACH repeat: 10RI = 10 second's rest.	P (capital P)	Hand paddles: having multiple pairs? A large pair (but not too big / long) for short repeats and strength sets, a smaller pair for longer sets and when you get tired.	Slow-Mo	Normal front crawl but done as slow as possible to have as much awareness and control of your movements as possible - and to recover from the HARD sections.
On 60	Each repetition starts on the set time: "on 60" means each 50m starts every 60seconds. If it takes 45seconds to swim 50m there will be 15seconds available to rest before starting the next repeat.	B	Band – ankle band: an old inner tube put around the ankles to completely remove the ability to kick.	Polo breathing	Breathing to the front: when you need to breathe, lift your head forwards, simulating sighting.
EASY / HARD	The effort you should be applying to the swim interval.	Sn	(Mono) Snorkel: a swim snorkel that is positioned in the middle of the forehead that removes the need for side-breathing; allowing for more movement awareness and control.	Layout	Like normal front crawl but with a 1/2 sec pause when the hands enter/exit
EASY but FOCUSED	EASY, but swimming with intent! Focusing on various / a single aspect of the stroke that ensure a high quality of swimming  In the first 10seconds of rest, your heart rate should be: <ul style="list-style-type: none"> <li>20-25beats for those up to 35 years of age</li> <li>18-23beats for those between 36 – 45 years</li> <li>16-21beats for those over 46 years</li> </ul>	Fins	Swim fins: short fins used to provide a little more propulsion, which is then used to train the ARMS.	Shake Out	Full stroke front crawl but slow; when the arm recovering reaches the halfway point shake any tension out of it.
Build	Gradually increase the effort over each swim repetition: start EASY, finish HARD.	DB	Drag belt: a tool used to add resistance, for strength and feel purposes.	3/3 Drill	Single arm butterfly: repeating 3 long arm strokes with the left arm, 3 long arm strokes with the right arm, without rotation, instead performing a butterfly body undulation action. Breathe to the front or side. Using fins or pull buoy.
Descend	The opposite to Build; gradually ease back the effort over the swim repetition: start HARD, finish EASY.			Tri Medley	The same as 3/3 drill but after 3 left, 3 right strokes do 1-3 FULL butterfly strokes: 1 if tired, 3 if fresh. Keep the arms long and low to the water on recovery. Breathe to the front or side.
				Biondi	A double arm underwater ONLY action, focusing on a soft "press" and transition into a strong push movement - not feeling a bounce (from pressing), instead feeling a surge forward (from the push).

"The workout is merely a trigger that sets the body's growth mechanism into motion." - Mike Mentzer

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