

Swimming Zone & Color Chart

Color/Zone/Gear	Meaning	Examples
White Endurance 1/EN-1 1 st gear	Low intensity (<u>but not recovery</u>) 120-140 BPM (12-14 heartbeats in six seconds) Short rest, 10-20 secs	Warmup/Cooldown Technique "I can do this pace forever"
Pink Endurance 2/EN-2 2 nd gear	Smooth Pace 130-150 BPM (13-15 in six seconds) Aerobic Development Short rest, 5-15 secs	Swimming with focus Active recovery Beginning of descends/builds "I am comfortable"
Red Endurance 3/EN-3 3 rd gear	Building Endurance 150-170 BPM Aerobic/Anaerobic threshold 20 seconds rest or less	Main sets with challenging intervals "I am uncomfortable and I'm out getting out of breath"
Blue Sprint 1/SP-1 4 th gear	Aerobic/Anaerobic Overload 160-190 BPM Sprints/Max Speed 15-30 seconds rest	Best Average Sets Sprint Work Mid-Distance/Distance pace work "This is really hard"
Purple Sprint 2/SP-2 5 th gear	Race Pace training 180+ BPM 30+ seconds rest	Power Sets 100-200 pace work "OMG I'M DYING WHEN WILL IT END"