

# How To Use The Pace Clock

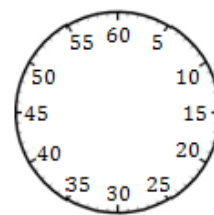
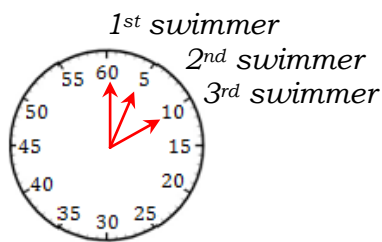
Learning how to use the pace clock is essential for training sessions. The pace clock allows you to perform interval sets and helps you to measure your performance and improvement.

If you were asked to do 4 x 50 m (swim rest on 60 seconds), this means you have to do each 50 metres and have a rest in the 60 seconds.

- If you swim the 50 m in 50 seconds, this means you have 10 seconds rest.
- If you swim the 50 m in 55 seconds, this means you only get 5 seconds rest.
- If you swim the 50 m in the whole 60 seconds, you need to start the next 50 m straight away and so you'll need to work harder to get some rest.

If the coach tells you to go on the red top, the 1<sup>st</sup> swimmer goes when the red hand is pointing to the top, the 2<sup>nd</sup> swimmer goes on the 5 past, the 3<sup>rd</sup> swimmer goes on the 10 past, and so on. If you overtake another swimmer, you take over their position and go off their times.

## Swim rest on 60 seconds

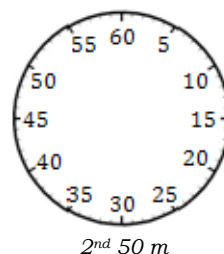
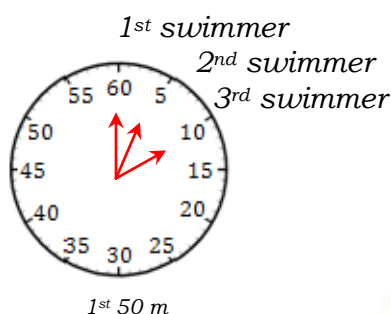


Where would the 2<sup>nd</sup> swimmer go on the 3<sup>rd</sup> 50 m?

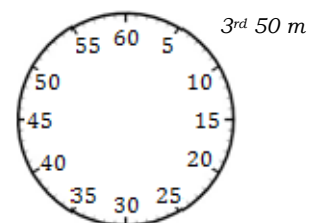
If the coach wants you to work even harder, he/she may ask you to do the set off 45 seconds. This means you now only get 45 seconds to do the 50 m and have a rest.

If the 1<sup>st</sup> swimmer goes off the red top, the 2<sup>nd</sup> swimmer goes on the 5 past and the 3<sup>rd</sup> goes on the 10 past etc, then on the next 50 m, the 1<sup>st</sup> swimmer has to go on the 45, the next swimmer on the 50, the next on the 55 etc.

## Swim rest on 45 seconds

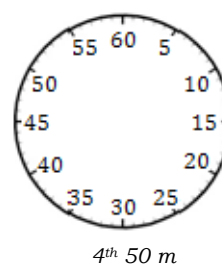


2<sup>nd</sup> 50 m



3<sup>rd</sup> 50 m

Where would the hand be for the 1<sup>st</sup> swimmer on each of the other 50 m?



4<sup>th</sup> 50 m

