

SWIM // 4000 // 3500 // 3000 // BREAK BACK IN

WORKOUT SETS

GROUP A = 4000

GROUP B = 3500

GROUP C = 3000

WARM UP

900

750

750



Freestyle // 15sR

Kick + Fins // Use Boards or Hands // 15sR

Freestyle // 15sR

IM

MAIN SET

2900

2600

2100

Drill // 1 arm - left 50, right 50 // 30sR

Pull sets w/ buoy // 50 easy, 50 hard // 30sR

Broken 500 // 100 easy, 100 med, 100 hard, 15sR, 100 med, 100 hard // 60sR

Broken 600 // 150 easy, 150 med, 150 hard, 30sR, 150 hard // 60sR

WORKOUT DESCRIPTION VIDEO LINK -->

[WATCH VIDEO HERE](#)

COOL DOWN

200

150

150

Easy Freestyle or Choice

[visit www.SetThePaceTriathlon.com](http://www.SetThePaceTriathlon.com) for more info on training