

2020 SWIM SPEED 4000-3500-3000 SHORT N FAST

Workout description video --> [WATCH HERE](#)

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
WARM UP	800			650			400		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
 Freestyle	2	150	300	2	150	300	2	100	200
Kick + Fins // 25 freestyle kick // 25 dolphin kick	3	50	150	2	50	100	1	50	50
Freestyle	1	200	200	1	150	150	1	100	100
Kick + Fins // 25 freestyle kick // 25 dolphin kick	3	50	150	2	50	100	1	50	50
MAIN SET	3000			2550			2400		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Alternate fin/paddle drill // paddle on left hand only, fin on right foot only // swim freestyle // 30sR	4	50	200	3	50	150	3	50	150
Alternate fin/paddle drill // paddle on right hand only, fin on left foot only // swim freestyle // 30sR	4	50	200	3	50	150	3	50	150
REST 2 MIN // TIME FOR PAIN									
50 free medium effort // 15secR	8	50	400	7	50	350	7	50	350
free easy // 30sR	1	150	150	1	150	150	1	150	150
50 free ALL OUT // 15secR	10	50	500	8	50	400	8	50	400
free easy // 60sR	1	150	150	1	150	150	1	150	150
100 free ALL OUT // 20secR	6	100	600	5	100	500	4	100	400
free easy // 60sR	1	150	150	1	150	150	1	150	150
50 free ALL OUT // 30secR	10	50	500	8	50	400	7	50	350
free easy // 60sR	1	150	150	1	150	150	1	150	150
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COOL DOWN	200			300			200		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	200	200	1	300	300	1	200	200