

2020 SWIM STRENGTH 4000-3500-3000 PULL SETS

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
<u>WARM UP</u>	<u>600</u>			<u>500</u>			<u>300</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
 Freestyle	1	200	200	1	150	150	1	100	100
Kick + Fins // 50 freestyle kick // 50 dolphin kick	2	50	100	2	50	100	1	50	50
Freestyle	1	200	200	1	150	150	1	100	100
Kick + Fins // 50 freestyle kick // 50 dolphin kick	2	50	100	2	50	100	1	50	50
<u>MAIN SET</u>	<u>3100</u>			<u>2650</u>			<u>2400</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Thigh touch drill // swim freestyle and with each recovery, swipe lower thigh with fingers // 1minR	4	50	200	4	50	200	3	50	150
Catch drill // swim free and touch hands out front before starting pull // 1minR	4	50	200	4	50	200	3	50	150
REST 2 MIN									
Pull // paddles + buoys // 1minR	4	200	800	3	200	600	4	150	600
Free ALL OUT // 1minR	1	150	150	1	100	100	1	100	100
Pull // paddles + buoys // 1minR	3	250	750	3	250	750	4	150	600
Free easy effort // 1minR	1	100	100	1	100	100	1	100	100
Pull // paddles + buoys // 1minR	4	200	800	3	200	600	4	150	600
Free easy effort // 1minR	1	100	100	1	100	100	1	100	100
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<u>COOL DOWN</u>	<u>300</u>			<u>350</u>			<u>300</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	350	350	1	300	300