



2020 SWIM STRENGTH 4000-3500-3000 SPEED STACK



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

WORKOUT SETS



	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
<u>WARM UP</u>	<u>700</u>			<u>600</u>			<u>400</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	200	200	1	150	150	1	100	100
Kick + Fins // 25 freestyle kick // 25 dolphin kick	3	50	150	2	50	100	2	50	100
Backstroke	4	50	200	4	50	200	2	50	100
Kick + Fins // 25 freestyle kick // 25 dolphin kick	3	50	150	3	50	150	2	50	100
<u>MAIN SET</u>	<u>3000</u>			<u>2650</u>			<u>2400</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Reverse paddle drill // freestyle with paddles facing backwards and hold edge // 30sR	2	100	200	2	100	200	2	100	200
Alternate fin/paddle drill // paddle on left hand only, fin on right foot only // swim freestyle // 30sR	1	200	200	1	200	200	1	200	200
Alternate fin/paddle drill // paddle on right hand only, fin on left foot only // swim freestyle // 30sR	1	200	200	1	200	200	1	200	200
REST 2 MIN									
No Toys // Medium Effort // 30sR	2	200	400	2	150	300	2	150	300
Kick + Fins + Board	1	100	100	1	100	100	1	100	100
No Toys // Hard Effort // 10sR	2	200	400	2	150	300	2	150	300
Kick + Fins + Board	1	100	100	1	100	100	1	100	100
Fins and Paddles // ALL OUT EFFORT REPEATS // 15sR	12	50	600	12	50	600	9	50	450
Kick + Fins + Board	1	100	100	1	100	100	1	100	100
No Toys // Medium Effort // 20sR	1	300	300	1	150	150	1	150	150
Kick + Fins + Board	1	100	100	1	100	100	1	100	100
No Toys // ALL OUT EFFORT // 10sR	12	25	300	12	25	300	8	25	200
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<u>COOL DOWN</u>	<u>300</u>			<u>250</u>			<u>200</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	250	250	1	200	200