


**2020 SWIM STRENGTH 4000-3500-3000 SPEED STACK**

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

<b>WORKOUT SETS</b>	<b>GROUP A = 4000</b>			<b>GROUP B = 3500</b>			<b>GROUP C = 3000</b>		
<b>WARM UP</b>	<b>700</b>			<b>600</b>			<b>400</b>		
	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
<b>MAIN SET</b>	<b>3000</b>			<b>2650</b>			<b>2400</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Reverse paddle drill // freestyle with paddles facing backwards and hold edge // 30sR	4	50	200	4	50	200	4	50	200
Alternate fin/paddle drill // paddle on left hand only, fin on right foot only // swim freestyle // 30sR	2	100	200	2	100	200	2	100	200
Alternate fin/paddle drill // paddle on right hand only, fin on left foot only // swim freestyle // 30sR	2	100	200	2	100	200	2	100	200
<b>REST 2 MIN</b>									
No Toys // Medium Effort // 45sR	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 // 60sR	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 // 60sR	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 // 45sR	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 // 60sR	12	25	300	12	25	300	8	25	200
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<b>COOL DOWN</b>	<b>300</b>			<b>250</b>			<b>200</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	250	250	1	200	200