


2020 SWIM STRENGTH 4000-3500-3000 PULL FEST

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

WORKOUT SETS												
GROUP A = 4000				GROUP B = 3500			GROUP C = 3000					
WARM UP				700			500			400		
	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	3	50	150	2	50	100			
Kick + Fins // 25 freestyle kick // 25 dolphin kick	3	50	150	2	50	100	2	50	100			
MAIN SET				2750			2400					
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total			
One Arm Stroke + Kickboard in arm out - focus on hand entry fingers together, thumb slight up, arm 95% extended // 25 left + 25 right // 30sR	4	50	200	4	50	200	4	50	200			
Tarzan Drill // Swim Freestyle with head above water looking forward entire length of pool // 30sR	4	50	200	3	50	150	3	50	150			
Reverse paddle drill // freestyle with paddles facing backwards and hold edge // 30sR	4	50	200	3	50	150	3	50	150			
REST 2 MIN												
Hand Paddles only // 25 easy - 25 medium - 25 hard - 25 easy // 45sR	4	100	400	4	100	400	4	100	400			
Paddles + Buoy // 50 easy - 50 medium - 50 hard // 45sR	4	150	600	4	150	600	3	150	450			
Paddles + Fins // 75 easy - 75 medium - 50 hard // 60sR	4	200	800	4	200	800	3	200	600			
Paddles + Buoy // 75 easy - 50 medium - 25 hard // 60sR	4	150	600	3	150	450	3	150	450			
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COOL DOWN				300			250			200		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total			
Easy Freestyle or Choice	1	300	300	1	250	250	1	200	200			