


2020 SWIM AEROBIC 4000-3500-3000 TAKE A DEEP BREATHE

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

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
WARM UP	700			600			400		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
 Freestyle	1	250	250	1	200	200	1	100	100
Kick + Fins // 25 freestyle kick // 25 dolphin kick // 15sR	5	50	250	4	50	200	2	50	100
50 easy // 50 medium // 50 hard // 50 easy	1	200	200	1	200	200	1	200	200
MAIN SET	3000			2650			2450		
	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	1	200	200	1	200	200	1	100	100
Alternate fin/paddle drill // paddle on right hand only, fin on left foot only // swim freestyle // 30sR	1	200	200	1	200	200	1	100	100
REST 2 MIN									
freestyle + NO TOYS // ladder breathing // start breathing 50 - every 2, 50 - every 3, 50 - every 4, 50 - every 3, 50 - every 2 // 20sR	2	250	500	2	250	500	2	250	500
freestyle + fins // same as above, ladder to breathing every 5 strokes // 25sR	2	350	700	2	350	700	2	350	700
freestyle + paddles + buoy // same as above, ladder to breathing every 6 strokes // 30sR	1	450	450	1	450	450	1	450	450
freestyle + paddles // same as above, ladder to breathing every 5 strokes // 25sR	2	350	700	1	350	350	1	350	350
freestyle + NO TOYS // same as above, ladder to breathing every 4 strokes // 20sR	1	250	250	1	250	250	1	250	250
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COOL DOWN	300			250			150		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	250	250	1	150	150