

2020 SWIM SPEED 4000-3500-3000 SPEED SANDWICH

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

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
WARM UP	600			550			500		
	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	2	50	100	2	50	100	2	50	100
Freestyle Repeats // Hard Effort // 15sR	4	50	200	4	50	200	4	50	200
Freestyle	1	100	100	1	100	100	1	100	100
PRE SET	400			400			400		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
One arm stroke - left down, right back // 30sR	2	100	200	2	100	200	2	100	200
Head lead drill with fins // arms at side, kick to propel and rotate for breathing // 45sR	4	50	200	4	50	200	4	50	200
REST 2 MIN // MAIN SET	2700			2300			1900		
Freestyle // 25 medium effort, 25 hard effort // 15sR	5	50	250	5	50	250	5	50	250
Freestyle // hard effort // 20sR	5	50	250	4	50	200	4	50	200
Backstroke easy recovery	1	100	100	1	100	100	1	100	100
Freestyle // hard effort // 30sR	5	100	500	4	100	400	3	100	300
Breast stroke easy recovery	1	100	100	1	100	100	1	100	100
Freestyle + fins // all out effort // 30sR	5	50	250	4	50	200	3	50	150
Backstroke easy recovery	1	100	100	1	100	100	1	100	100
Freestyle + fins // all out effort // 45sR	5	100	500	4	100	400	3	100	300
Breast stroke easy recovery	1	150	150	1	150	150	1	100	100
Freestyle + paddles // hard effort // 45sR	5	100	500	4	100	400	3	100	300
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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