


2020 SWIM TEMPO 4000-3500-3000 12 DAYS OF POOL-MAS

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

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
WARM UP	550			500			500		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	100	100	1	50	50	1	50	50
Kick + Fins // 25 freestyle kick // 25 dolphin kick	2	50	100	2	50	100	2	50	100
Freestyle 50 hard 15sR	3	50	150	3	50	150	3	50	150
Freestyle	4	50	200	4	50	200	4	50	200
PRE SET	0			0			0		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
REST 2 MIN // MAIN SET		3125			2825			2400	
Freestyle + Buoy // Easy Effort // 15sR	5	100	500	5	100	500	5	50	250
Freestyle + Buoy + Paddles// Easy Effort // 15sR	6	100	600	6	50	300	6	50	300
Freestyle // Medium Effort // 15sR	7	50	350	7	50	350	7	25	175
Freestyle + Buoy // Medium Effort // 15sR	8	50	400	8	50	400	8	50	400
Freestyle + Buoy + Paddles// Medium Effort // 15sR	9	50	450	9	50	450	9	50	450
Freestyle // Hard Effort // 10sR	10	25	250	10	25	250	10	25	250
Freestyle + Buoy // Hard Effort // 10sR	11	25	275	11	25	275	11	25	275
Freestyle + Buoy + Paddles// Hard Effort // 10sR	12	25	300	12	25	300	12	25	300
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	325			175			100		
COOL DOWN	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	325	325	1	175	175	1	100	100

