


2020 SWIM TEMPO 4000-3500-3000 TURN UP THE TEMPO

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

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
<u>WARM UP</u>	<u>600</u>			<u>550</u>			<u>500</u>		
	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
50 Repeats // 50 hard 15sR	4	50	200	4	50	200	4	50	200
Freestyle	1	100	100	1	100	100	1	100	100
<u>PRE SET</u>	<u>350</u>			<u>350</u>			<u>350</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Reverse paddle drill // freestyle with paddles facing backwards and hold edge // 30sR	3	50	150	3	50	150	3	50	150
Catch Drill No Toys	2	100	200	2	100	200	2	100	200
REST 2 MIN // MAIN SET	2750			2350			1950		
Freestyle no toys // moderate effort // 15sR	4	50	200	4	50	200	4	50	200
Freestyle no toys // moderate effort // 10sR	4	75	300	4	75	300	2	75	150
Freestyle no toys // moderate effort // 5sR	4	100	400	3	100	300	3	100	300
Freestyle no toys // moderate effort // 5sR	4	125	500	4	125	500	2	125	250
Freestyle no toys // moderate effort // 5sR	4	150	600	3	150	450	3	150	450
Backstroke // East Effort // 15sR	1	150	150	1	150	150	1	150	150
Freestyle + Paddles + Buoy // moderate effort // 10sR	4	150	600	3	150	450	3	150	450
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<u>COOL DOWN</u>	<u>300</u>			<u>250</u>			<u>200</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	250	250	1	200	200