

2020 SWIM SPEED 4000-3500-3000 200 TIME TRIAL

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

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
<u>WARM UP</u>	<u>400</u>			<u>350</u>			<u>300</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	400	400	1	350	350	1	300	300
<u>PRE SET</u>	<u>550</u>			<u>500</u>			<u>450</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Use fins // 50 reach drill - 50 head lead drill - 50 one arm left - 50 one arm right - no break between drill change	2	200	400	2	200	400	1	200	200
Freestyle 50 fast - 50 easy // 30sR	3	100	300	2	100	200	2	100	200
Freestyle alt 25 fast - 25 easy straight through	1	250	250	1	200	200	1	150	150
<u>MAIN SET</u>	<u>2700</u>			<u>2400</u>			<u>2000</u>		
Number of time to repeat main set			2			2			2
Freestyle // Sprint // 30sR	3	50	150	4	50	200	2	50	100
Freestyle // Easy // 30sR	1	100	100	1	100	100	1	100	100
Freestyle // Time Trial Effort // 45sR	1	200	200	1	200	200	1	200	200
Freestyle // Easy // 30sR	1	100	100	1	100	100	1	100	100
Freestyle + Buoy + Paddles // Easy // 30sR	2	200	400	1	200	200	1	200	200
Stroke of choice // Medium	1	100	100	1	100	100	1	100	100
Freestyle // Reach drill // 30sR	2	50	100	2	50	100	2	50	100
Freestyle + Fins // Medium // 30sR	2	50	100	2	50	100	1	50	50
Freestyle // focus on distance per stroke // 30sR	2	50	100	2	50	100	1	50	50
									
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<u>COOL DOWN</u>	<u>350</u>			<u>250</u>			<u>250</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	350	350	1	250	250	1	250	250