

2020 SWIM TEMPO 4000-3500-3000 TEMPO PYRAMIDS

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

WORKOUT SETS		GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
	WARM UP	500			400			300		
		Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
	Freestyle	1	200	200	1	150	150	1	100	100
	Freestyle // 25 easy - 25 medium - 25 hard	2	75	150	2	75	150	2	75	150
	Freestyle	1	150	150	1	100	100	1	50	50
	MAIN SET	3200			2850			2500		
		Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Thigh touch drill // swim freestyle and with each recovery, swipe lower thigh with fingers // 1minR	3	50	150	2	50	100	1	50	50	
Catch drill // swim free and touch hands out front before starting pull // 1minR	3	50	150	2	50	100	1	50	50	
Alternate fin/paddle drill // paddle on left hand only, fin on right foot only // swim freestyle // 30sR	1	200	200	1	200	200	1	200	200	
Alternate fin/paddle drill // paddle on right hand only, fin on left foot only // swim freestyle // 30sR	1	200	200	1	200	200	1	200	200	
REST 2 MIN										
Freestyle + Fins // 25 easy + 25 med + 25 hard + 25 med + 50 easy // 60sR	1	150	150	1	150	150	1	150	150	
Freestyle + Buoy // 50 easy + 50 med + 50 hard + 50 med + 50 easy // 60sR	2	250	500	2	250	500	1	250	250	
Freestyle + Fins // 75 easy + 75 med + 75 hard + 75 med + 50 easy // 60sR	1	350	350	1	350	350	1	350	350	
Freestyle + Paddles // 100 easy + 100 med + 100 hard + 100 med + 100 easy // 60sR	1	500	500	1	500	500	1	500	500	
Freestyle + Fins // 75 easy + 75 med + 75 hard + 75 med + 50 easy // 60sR	1	350	350	1	350	350	1	350	350	
Freestyle + Buoy // 50 easy + 50 med + 50 hard + 50 med + 50 easy // 60sR	2	250	500	1	250	250	1	250	250	
Freestyle + Fins // 25 easy + 25 med + 25 hard + 25 med + 50 easy // 60sR	1	150	150	1	150	150	1	150	150	
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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	