

## 2021 SWIM TEMPO 4000-3500-3000 DESCENT INTO MADNESS

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

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000					
<b>WARM UP</b>	<b>700</b>			<b>650</b>			<b>500</b>					
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total			
Freestyle	1	150	150	1	150	150	1	100	100			
Kick + Fins // 25 freestyle kick // 25 dolphin kick	1	150	150	1	150	150	1	100	100			
IM	1	100	100	1	100	100	1	100	100			
Freestyle + Pull Buoy	1	150	150	1	150	150	1	100	100			
Freestyle	1	150	150	1	100	100	1	100	100			
	<b>PRE SET</b>			<b>200</b>			<b>200</b>					
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total			
Catch Drill // 10sR	2	100	200	2	100	200	2	100	200			
	<b>REST 1 MIN // MAIN SET</b>			<b>2800</b>			<b>2450</b>			<b>2150</b>		
Freestyle No Toys // DESCENDING time each set // 15sR	10	25	250	10	25	250	8	25	200			
Freestyle Easy // 15sR	1	100	100	1	100	100	1	100	100			
Freestyle No Toys // DESCENDING time each set // 15sR	10	50	500	10	50	500	7	50	350			
Freestyle Easy // 15sR	1	100	100	1	100	100	1	100	100			
Freestyle + Fins // DESCENDING time each set // 15sR	10	75	750	8	75	600	8	75	600			
Freestyle Easy // 15sR	1	100	100	1	100	100	1	100	100			
Freestyle + Buoy // DESCENDING time each set // 15sR	10	100	1000	8	100	800	7	100	700			
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 45%;"> <p><a href="http://www.SetThePaceTriathlon.com">visit www.SetThePaceTriathlon.com</a> for more info on training</p> <p><small>copyright Set The Pace Media Marketing, LLC, 2020</small></p> </div> <div style="width: 10%; text-align: center;">  </div> <div style="width: 45%;"></div> </div>												
	<b>COOL DOWN</b>			<b>300</b>			<b>200</b>			<b>150</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total			
Easy Freestyle or Choice	1	300	300	1	200	200	1	150	150			

