


2021 SWIM TEMPO 4000-3500-3000 TEMPO ROUNDS & LADDERS

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

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
WARM UP	800			600			400		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
	1	200	200	1	150	150	1	100	100
	1	200	200	1	150	150	1	100	100
	1	200	200	1	150	150	1	100	100
PRE SET	800			800			800		
1 Arm Stroke + opposite hand behind back - alternate sides each set // 10sR	4	100	400	4	100	400	4	100	400
1 Arm Stroke + opposite hand out front - alternate sides each set // 10sR	4	100	400	4	100	400	4	100	400
REST 1 MIN // MAIN SET	2100			1850			1600		
ROUND COUNT	3			3			3		
Freestyle Moderate Effort // 20sR	1	200	200	1	150	150	1	100	100
Freestyle Fast - descending time each set // 10sR	4	50	200	4	50	200	4	50	200
ROUND COUNT	1			1			1		
Ladder down breathing pattern - swimmers choice on count // 15sR	1	300	300	1	300	300	1	200	200
Ladder down breathing pattern - swimmers choice on count // 15sR	1	200	200	1	200	200	1	200	200
Ladder down breathing pattern - swimmers choice on count // 15sR	1	100	100	1	100	100	1	100	100
Freestyle + Bouy FAST effort // 5sR	6	50	300	4	50	200	4	50	200
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COOL DOWN	300			250			200		
Easy Freestyle or Choice	1	300	300	1	250	250	1	200	200