



2021 SWIM STRENGTH 4000-3500-3000-2500-2000 ODDS AND ENDS

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000			GROUP D = 2500			GROUP E = 2000		
WARM UP	600			550			550			500			500		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	200	200	1	150	150	1	150	150	1	100	100	1	100	100
KICKING // choice	1	100	100	1	100	100	1	100	100	1	100	100	1	100	100
Freestyle // HARD effort // 5sR	4	50	200	4	50	200	4	50	200	4	50	200	4	50	200
KICKING // choice	1	100	100	1	100	100	1	100	100	1	100	100	1	100	100
PRE SET	300			300			200			200			100		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
1 Arm Stroke + opposite hand behind back - alternate sides each 25 // 10sR	1	150	150	1	150	150	1	100	100	1	100	100	1	50	50
1 Arm Stroke + opposite hand out front - alternate sides each 25 // 10sR	1	150	150	1	150	150	1	100	100	1	100	100	1	50	50
REST 1 MIN // MAIN SET		2800			2400			2000			1600			1250	
REPEAT SET COUNT			1			1			1			1			1
Sink Downs (Dolphin Dives) // 5sR	2	50	100	2	50	100	1	50	50	1	50	50	1	50	50
Freestyle stop starts // Sprint 1/2 length, stop mid length, sprint 2nd half // 5sR	4	50	200	4	50	200	3	50	150	3	50	150	2	50	100
REPEAT SET COUNT			2			2			2			2			2
Freestyle + Paddles + Bouy // easy 50, medium 50 - repeat // 10sR	2	200	400	2	200	400	2	200	400	2	150	300	2	100	200
Freestyle + Paddles // Medium Effort // 10sR	3	150	450	3	150	450	3	100	300	3	100	300	3	100	300
Freestyle + Paddles + Fins // easy 50, medium 50 - repeat // 10sR	2	200	400	2	100	200	2	100	200	2	50	100	1	50	50
Click HERE or scan QR code for examples of swim drills <>>				copyright Set The Pace Media Marketing, LLC, 2021			visit www.SetThePaceTriathlon.com for more info on training						<<< Click here or scan the QR code for video description and explanation of workouts		
COOL DOWN	300			250			250			200			150		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	250	250	1	250	250	1	200	200	1	150	150