

**SWIM : 3000 / 2500 / 2000 DRILLS + BUOY LOVE SETS : 60 Minutes**

**WORKOUT SETS**

**GROUP A = 3000**

**GROUP B = 2500**

**GROUP C = 2000**

<b>WARM UP</b>	<b>500</b>			<b>500</b>			<b>400</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	200	200	1	200	200	1	100	100
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
Freestyle	1	100	100	1	100	100	1	100	100
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
<b>MAIN SET</b>	<b>2200</b>			<b>1800</b>			<b>1400</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Finger Tip Drag Freestyle - rest 30 sec between sets	4	50	200	3	50	150	2	50	100
Reach Drill - rest 30 sec between sets	4	50	200	3	50	150	2	50	100
Kick - rest 30 sec between sets	4	50	200	2	50	100	2	50	100
Freestyle with buoy MEDIUM effort	2	200	400	2	200	400	1	200	200
Easy Freestyle	1	100	100	1	100	100	1	100	100
Freestyle + buoy + paddles HARD effort	2	200	400	2	200	400	1	200	200
Easy Freestyle	1	100	100	1	100	100	1	100	100
Freestyle with buoy MEDIUM effort	2	200	400	1	200	200	1	200	200
Easy Freestyle	1	100	100	1	100	100	1	100	100
Freestyle + paddles + buoy EASY effort	1	100	100	1	100	100	2	100	200
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<b>COOL DOWN</b>	<b>300</b>			<b>200</b>			<b>200</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	200	200	1	200	200

