

SWIM // 4000 // 3500 // 3000 TEMPO MIX UP

WORKOUT SETS

GROUP A = 4000

GROUP B = 3500

GROUP C = 3000



	WARM UP			500			500			500		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
CHOICE	1	100	100	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	1	100	100
50 fly // 50 back // 50 breast // 50 free	1	200	200	1	200	200	1	200	200	1	200	200
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100	1	100	100
	MAIN SET			3300			2850			2350		
100's FREE // 25 easy-25 medium-25 hard-25 easy // 30 sec rest	3	100	300	2	100	200	2	100	200	2	100	200
DRILL // one arm stroke (with or without fins and kickboard)	4	50	200	4	50	200	4	50	200	4	50	200
200's FREE // 50 easy-50 medium-50 hard-50 easy // 45 sec rest	2	200	400	2	200	400	2	200	400	2	200	400
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100	1	100	100
300's FREE // 75 easy-75 medium-75 hard-75 easy // 60 sec rest	1	300	300	1	300	300	1	300	300	1	300	300
50 BREAST + 50 BACK easy // 30 sec rest	4	100	400	3	100	300	3	100	300	3	100	300
200's FREE // 50 easy - 50 hard - 50 easy - 50 hard // 45 sec rest	4	200	800	3	200	600	2	200	400	2	200	400
DRILL // Catch up with kickboards // 15 sec rest	4	50	200	3	50	150	3	50	150	3	50	150
300's FREE // 75 easy - 75 hard - 75 easy - 75 hard // 60 sec rest	2	300	600	2	300	600	1	300	300	1	300	300
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	COOL DOWN			200			150			150		
Easy Freestyle or Choice	1	200	200	1	150	150	1	150	150	1	150	150