


2021 SWIM STRENGTH 4000-3500-3000 STROKE LADDERS

Workout description video --> <https://youtu.be/Wrk7MXm9FPM>

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
WARM UP	750			600			600		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	300	300	1	300	300	1	300	300
25 kick / 25 stroke drill of choice / 25 freestyle - no break between 25's // 10sR	6	75	450	4	75	300	4	75	300
PRE SET	400			300			300		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
25 fast to easy / 25 easy to fast / 25 easy / 25 fast - no break between 25's // 10sR	4	100	400	3	100	300	3	100	300
REST 1 MIN // MAIN SET	2550			2300			1900		
Free // stretched out pace, good push-off from walls easy effort // 10sR	5	150	750	4	150	600	4	150	600
Easy recovery	1	150	150	1	150	150	1	100	100
Free // moderate effort, good technique, long strokes // 10sR	4	150	600	4	150	600	4	100	400
Easy recovery	1	150	150	1	150	150	1	100	100
Free // Hard effort // 10sR	3	150	450	3	150	450	3	150	450
Easy recovery	1	150	150	1	150	150	1	50	50
Free // for time, must stay technically sound + balanced body and long strokes // 15sR	2	150	300	2	100	200	2	100	200
									
visit www.SetThePaceTriathlon.com for more info on training									
<small>copyright Set The Pace Media Marketing, LLC, 2021</small>									
COOL DOWN	300			300			200		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	300	300	1	200	200