



**2021 SWIM STRENGTH 4000-3500-3000-2500-2000 LC WORK OVER**

| <b>WORKOUT SETS</b>  | <b>GROUP A = 4000</b>   |          |       | <b>GROUP B = 3500</b>                             |          |       | <b>GROUP C = 3000</b>  |          |       | <b>GROUP D = 2500</b>   |          |       | <b>GROUP E = 2000</b>  |          |       |
|--|---|----------|-------|---|----------|-------|--|----------|-------|---|----------|-------|--|----------|-------|
| <b>WARM UP</b>   | <b>700</b>  |          |       | <b>600</b>  |          |       | <b>600</b>   |          |       | <b>500</b>  |          |       | <b>500</b>   |          |       |
|  | Sets  | Distance | Total | Sets  | Distance | Total | Sets   | Distance | Total | Sets  | Distance | Total | Sets   | Distance | Total |
| Freestyle  | 1   | 200      | 200   | 1   | 200      | 200   | 1  | 200      | 200   | 1   | 100      | 100   | 2  | 100      | 200   |
| KICKING // choice  | 2   | 100      | 200   | 2   | 100      | 200   | 2  | 100      | 200   | 2   | 100      | 200   | 2  | 100      | 200   |
| Freestyle // HARD effort // 5sR  | 6   | 50       | 300   | 4   | 50       | 200   | 4  | 50       | 200   | 4   | 50       | 200   | 2  | 50       | 100   |
| <b>PRE SET</b>   | <b>200</b>  |          |       | <b>200</b>  |          |       | <b>200</b>   |          |       | <b>200</b>  |          |       | <b>200</b>   |          |       |
|  | 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 50 // 10sR                         | 1   | 100      | 100   | 1   | 100      | 100   | 1  | 100      | 100   | 1   | 100      | 100   | 2  | 50       | 100   |
| 1 Arm Stroke + opposite hand out front - alternate sides each 50 // 10sR                           | 1   | 100      | 100   | 1   | 100      | 100   | 1  | 100      | 100   | 1   | 100      | 100   | 2  | 50       | 100   |
| REST 1 MIN // MAIN SET   |   | 2800     |       |   | 2400     |       |  | 2000     |       |   | 1600     |       |  | 1200     |       |
| REPEAT SET COUNT   |   |          | 2     |   |          | 2     |  |          | 1     |   |          | 1     |  |          | 1     |
| Tarzan Drill // Swim Freestyle with head above water looking forward entire length of pool // 15sR | 2   | 50       | 100   | 2   | 50       | 100   | 2  | 50       | 100   | 2   | 50       | 100   | 2  | 50       | 100   |
| Freestyle stop starts // Sprint 1/2 length, stop mid length, sprint 2nd half // 5sR                | 2   | 50       | 100   | 2   | 50       | 100   | 2  | 50       | 100   | 2   | 50       | 100   | 2  | 50       | 100   |
| REPEAT SET COUNT   |   |          | 2     |   |          | 2     |  |          | 2     |   |          | 2     |  |          | 2     |
| Freestyle + Paddles // easy 50, medium 50, easy 50, medium 50 // 10sR                              | 2   | 200      | 400   | 2   | 200      | 400   | 2  | 200      | 400   | 2   | 200      | 400   | 1  | 200      | 200   |
| Freestyle + Paddles + Fins // Medium Effort // 10sR  | 2   | 200      | 400   | 2   | 100      | 200   | 1  | 100      | 100   | 1   | 100      | 100   | 1  | 100      | 100   |
| Freestyle + Paddles + Buoy // easy 50, medium 50, hard 50, easy 50 // 10sR                         | 2   | 200      | 400   | 2   | 200      | 400   | 2  | 200      | 400   | 1   | 200      | 200   | 1  | 200      | 200   |
|  |   |          |       |   |          |       |  |          |       |   |          |       |  |          |       |
|  |   |          |       |   |          |       |  |          |       |   |          |       |  |          |       |
| <a href="#">Click HERE or scan QR code for examples of swim drills &lt;--&gt;</a>                  |  |          |       | copyright Set The Pace Media Marketing, LLC, 2021 |          |       | <a href="http://www.SetThePaceTriathlon.com">visit www.SetThePaceTriathlon.com</a> for more info on training |          |       |  |          |       | <a href="#">&lt;--- Click here or scan the QR code for video description and explanation of workouts</a> |          |       |
| <b>COOL DOWN</b>   | <b>300</b>  |          |       | <b>300</b>  |          |       | <b>200</b>   |          |       | <b>200</b>  |          |       | <b>100</b>   |          |       |
|  | Sets  | Distance | Total | Sets  | Distance | Total | Sets   | Distance | Total | Sets  | Distance | Total | Sets   | Distance | Total |
| Easy Freestyle or Choice   | 1   | 300      | 300   | 1   | 300      | 300   | 1  | 200      | 200   | 1   | 200      | 200   | 1  | 100      | 100   |