

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

<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>600</b>			<b>550</b>			<b>550</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	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
<b>PRE SET</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
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
<b>REST 1 MIN // MAIN SET</b>		<b>2800</b>			<b>2400</b>			<b>2000</b>			<b>1600</b>			<b>1250</b>	
<b>REPEAT SET COUNT</b>			<b>1</b>			<b>1</b>			<b>1</b>			<b>1</b>			<b>1</b>
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
<b>REPEAT SET COUNT</b>			<b>2</b>			<b>2</b>			<b>2</b>			<b>2</b>			<b>2</b>
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
<a href="#">Click HERE or scan QR code for examples of swim drills &lt;&gt;&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;&lt;&lt; Click here or scan the QR code for video description and explanation of workouts</a>		
<b>COOL DOWN</b>	<b>300</b>			<b>250</b>			<b>250</b>			<b>200</b>			<b>150</b>		
	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