

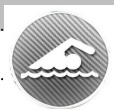
SWIM // 3000 // 2500 // 2000 // Reach + Recovery Drills

WORKOUT SETS

GROUP A = 3000

GROUP B = 2500

GROUP C = 2000



	WARM UP			500			450			350		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	150	150	1	150	150	1	150	150	1	150	150
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100	1	50	50
Freestyle	1	150	150	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	50	50
	MAIN SET			2250			1850			1450		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle // reach hand holds kickboard, grab board with opposite hand and start pull // 1 min rest between sets	4	100	400	4	100	400	4	50	200	4	50	200
Kick + Fins // on back going backwards // no board	2	50	100	2	50	100	2	50	100	2	50	100
Reach Drill // On each stroke reach as far as possible and exaggerate stroke reach // rest 30 seconds between each set	4	100	400	3	100	300	4	50	200	4	50	200
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	150	150	1	150	150	2	100	200	2	100	200
High Elbow Drill - finger tip drill // on recovery of arm, focus elbow in plane of shoulder, drag fingertips in water on recovery	4	100	400	3	100	300	4	50	200	4	50	200
Kick + Fins // on back going backwards // no board	2	50	100	1	50	50	2	50	100	2	50	100
Freestyle sets // no toys // 1 min rest between sets	2	300	600	2	250	500	2	200	400	2	200	400
Kick + Fins // on back going backwards // no board	2	50	100	1	50	50	1	50	50	1	50	50
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	COOL DOWN			300			200			200		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	200	200	1	200	200	1	200	200