

SWIM : 3000 / 2500 / 2000 TEMPO SETS : 60 Minutes

WORKOUT SETS										
GROUP A = 3000 GROUP B = 2500 GROUP C = 2000										
WARM UP	500			500			400			
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	
Freestyle	1	200	200	1	200	200	1	100	100	
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100	
Freestyle	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	
MAIN SET	2200			1700			1400			
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	
Fingertip drag drill // regular freestyle + drag fingertips on water on recovery and reach	4	50	200	4	50	200	3	50	150	
Kick + Fins + Board	1	100	100	1	50	50	1	50	50	
Reach Drill	4	50	200	3	50	150	2	50	100	
Kick + Fins + Board	1	100	100	1	50	50	1	50	50	
Freestyle - no gear // Effort level = 5 to 6 // Moderate-Hard	1	350	350	1	300	300	1	250	250	
Kick + Fins + Board	1	100	100	1	50	50	1	50	50	
Freestyle + Paddles // Effort level = 5 to 6 // Moderate-Hard	1	350	350	1	300	300	1	250	250	
Kick + Fins + Board	1	100	100	1	50	50	1	50	50	
Freestyle + Paddles + Buoy // Effort level = 5 to 6 // Moderate-Hard	1	300	300	1	250	250	1	200	200	
Kick + Fins + Board	1	100	100	1	50	50	1	50	50	
Freestyle + Buoy // Effort level = 5 to 6 // Moderate-Hard	1	300	300	1	250	250	1	200	200	
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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	

