


**SWIM // 4000 // 3500 // 3000 EFFORT LADDERS - TEMPO**

| <b>WORKOUT SETS</b>  | <b>GROUP A = 4000</b> |          |       | <b>GROUP B = 3500</b> |          |       | <b>GROUP C = 3000</b> |          |       |
|--|-----------------------|----------|-------|-----------------------|----------|-------|-----------------------|----------|-------|
| <b>WARM UP</b>   | <b>500</b>            |          |       | <b>500</b>            |          |       | <b>500</b>            |          |       |
|  | Sets                  | Distance | Total | Sets                  | Distance | Total | Sets                  | Distance | Total |
|  Free no toys | 1                     | 200      | 200   | 1                     | 200      | 200   | 1                     | 200      | 200   |
| SHOULDER TAP // 30 sec rest between sets   | 2                     | 50       | 100   | 2                     | 50       | 100   | 2                     | 50       | 100   |
| Kick + Fins // 50 free + 50 dolphin  | 1                     | 100      | 100   | 1                     | 100      | 100   | 1                     | 100      | 100   |
| Reverse paddle drill // freestyle with paddles facing backwards and hold edge                  | 1                     | 100      | 100   | 1                     | 100      | 100   | 1                     | 100      | 100   |
| <b>MAIN SET</b>  | <b>3200</b>           |          |       | <b>2800</b>           |          |       | <b>2300</b>           |          |       |
| <b>SET 1 NO GEAR</b>   | Sets                  | Distance | Total | Sets                  | Distance | Total | Sets                  | Distance | Total |
| MEDIUM EFFORT x 25 // 10 sec rest between sets   | 4                     | 25       | 100   | 4                     | 25       | 100   | 4                     | 25       | 100   |
| HARD EFFORT x 50 // 15 sec rest between sets   | 4                     | 50       | 200   | 3                     | 50       | 150   | 3                     | 50       | 150   |
| EASY EFFORT x 75 // 20 sec rest between sets   | 4                     | 75       | 300   | 4                     | 75       | 300   | 4                     | 75       | 300   |
| HARD EFFORT x 100 // 30 sec rest between sets  | 4                     | 100      | 400   | 3                     | 100      | 300   | 1                     | 100      | 100   |
| EASY EFFORT x 75 // 20 sec rest between sets   | 4                     | 75       | 300   | 4                     | 75       | 300   | 4                     | 75       | 300   |
| HARD EFFORT x 50 // 15 sec rest between sets   | 4                     | 50       | 200   | 3                     | 50       | 150   | 3                     | 50       | 150   |
| MEDIUM EFFORT x 25 // 10 sec rest between sets   | 4                     | 25       | 100   | 4                     | 25       | 100   | 4                     | 25       | 100   |
| <b>REST 2 MIN</b>  |                       |          |       |                       |          |       |                       |          |       |
| <b>SET 2 PADDLES + BUOY</b>  | Sets                  | Distance | Total | Sets                  | Distance | Total | Sets                  | Distance | Total |
| MEDIUM EFFORT x 25 // 10 sec rest between sets   | 4                     | 25       | 100   | 4                     | 25       | 100   | 4                     | 25       | 100   |
| HARD EFFORT x 50 // 15 sec rest between sets   | 4                     | 50       | 200   | 3                     | 50       | 150   | 2                     | 50       | 100   |
| EASY EFFORT x 75 // 20 sec rest between sets   | 4                     | 75       | 300   | 4                     | 75       | 300   | 4                     | 75       | 300   |
| HARD EFFORT x 100 // 30 sec rest between sets  | 4                     | 100      | 400   | 3                     | 100      | 300   | 1                     | 100      | 100   |
| EASY EFFORT x 75 // 20 sec rest between sets   | 4                     | 75       | 300   | 4                     | 75       | 300   | 4                     | 75       | 300   |
| HARD EFFORT x 50 // 15 sec rest between sets   | 4                     | 50       | 200   | 3                     | 50       | 150   | 2                     | 50       | 100   |
| MEDIUM EFFORT x 25 // 10 sec rest between sets   | 4                     | 25       | 100   | 4                     | 25       | 100   | 4                     | 25       | 100   |
| <b>REST 2 MIN</b>  |                       |          |       |                       |          |       |                       |          |       |
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| <a href="#">CLICK FOR YOUTUBE EXPLANATION</a>  |                       |          |       |                       |          |       |                       |          |       |
| <b>COOL DOWN</b>   | <b>300</b>            |          |       | <b>200</b>            |          |       | <b>200</b>            |          |       |
|  | Sets                  | Distance | Total | Sets                  | Distance | Total | Sets                  | Distance | Total |
| Easy Freestyle or Choice   | 1                     | 300      | 300   | 1                     | 200      | 200   | 1                     | 200      | 200   |