

Pacing

Terrible Tuesday 7/8/25

Warm-Up (300 yards)

- **1x300**, 100 Swim/100 Kick/100 Choice

(300)

Drill Set "Resistance Freestyle" (500 yards)

- **4x25** Fast w/ buoy (and paddles if you have em)
- **4x25** Fast breakout for 15m, then cruise to wall
- **4x50** Freestyle at a 200 pace
- **1x100** Freestyle at a 200 pace

(800)

Main Set 1: Pacing a 200 (1300 yards)

- **8x25s** Odd ALL-OUT, Even EZ :30/:40/:50
 - Note your average time according to fast 25s
- **4x100s**, Descend 1-4 1:30/1:45/2:00
 - Aim for last 100 to match or beat pace of 25s
- **8x50s** Free 1:00/1:15/1:30
 - Odd 95% effort, even 25 fast to second flags, 25 EZ
- **1x100** EZ Swim Recovery 2:00/2:15/2:30
- **2x100s** Broken all-out Free 2:00/2:15/2:30
 - Stop :10 after each 25. Calculate actual pace

(2100)

Main Set 2: Quick Little IM Set (1200 yards)

- 4x100 IMs on 1:50/2:00/2:10
- 2x200 IMs Locomotion on 3:10/3:20/3:30
- 1x400 IM lol on whenever

(3300)