

Pacing 500

Terrible Tuesday

Warm-Up (300 yards)

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

(300)

Drill Set “Train Tracks” (400 yards)

- 8 x 50s freestyle drill, working on smooth form
 - 2 of these fingertip drag
 - 2 of these catch up
 - 2 of these no breath in and out of wall
 - 2 of these DPS

(700)

Pre-set 1 “Extended warm up” (600 yards)

(2X through)

– 6x100 moderate pace

on 1:45/2:00/2:15

- Odds Free with long strokes
- Even pull w/ paddles

(1300)

Main Set: Pacing Free for a 500 (1300 yards)

- 4x100 Build by 25s on 1:40/1:50/2:0
- 3x200 Descend 1-3 on 3:20/3:30/3:40
- 4x75 Free on 1:15/1:30/1:45
 - 50 at you 500 pace, 25 FAST

(2600)

100 EZ

500 TIMED

(3200)