

## **Pace Primer & Timed 500**

## **Terrible Tuesday**

### **Warm-Up (300 yards)**

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

(300)

### **Drill Set “smooth flip turns” (300 yards)**

– **4x50s** mid-pool flip turns

– **2x50s** Bull turns

(600)

### **Main Set 1 Pace Primer (500 yards)**

– **3x100 Free @ 500 Pace**

on 1:40/1:50/2:00

– **4x50 Free Descend**

on :55/1:00/1:05

(1100)

### **Main Set 2: Working up to the 500 (1300 yards)**

– **5x100s Free @ 500 Pace**

on 1:30/1:45/2:00

– **3x100s Free**

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

- **1st EZ Recovery**

- **2nd Strong pace (85-90% effort)**

- **3rd Build each 25 to FAST**

– **1x500 Free TIMED**

(2400)

### **Extended Cooldown (on your own time)**

1x200 Swim

4x50s Kick

4x25s Scull

1x100 EZ

(3000)