

Tempo and Power

Terrible Tuesday: 10/14/25

Warm-Up

(300 yards)

1x300 (100swim/100kick/100 choice)

Set #1 "Tempo Pyramid"

(1,500 yards)

- 1x100 @ cruise pace @ 1:20/1:30/1:40
- 1x200 @ threshold pace @ 2:40/3:00/3:20
- 1x300 @ strong aerobic @ 4:10/4:40/5:20
- 1x400 @ threshold. @ 5:40/6:00/6:40
- 1x300 @ strong aerobic @ 4:10/4:40/5:20
- 1x200 @ threshold @ 2:40/3:00/3:20

TAKE 60 SECONDS REST THEN: - 1x100 ALL OUT

Set #2 "Power & Burnout"

(1,900 yards)

Part A – 8x75 "Broken Speed"

(600 yards)

- #1-2: Build each 25 @1:10/1:20/1:30
- #3-4: 25 Fast / 25 Ez / 25 Fast @1:10/1:20/1:30
- #5-6: Descend both @ 1:10/1:20/1:30
- #7-8: ALL OUT @ 1:10/1:20/1:30

Part B – "Threshold Test"

(1000 yards)

- 3x200s @ strong, even pace @ 2:40/3:00/3:20
- 4x50s @ sprint pace @ :55/1:05/1:15

TAKE 60 SECONDS THEN: - 2x100s ALL OUT

Part C – 6x50 "Finish Line"

(300 yards)

Odd 50 Ez/Even 50 Sprint @:50/1:00/1:10