

Pace Sets

Friday

Warm Up:

400 Non-Stop Swim broken as:

(200 Free/50 Kick/100 Free/50 Kick)

10 x 25 Pull @:30/:40/:50 (:05-:10 RI)

(Odds Ez 60-65%, Evens Build 90%)

150 Ez (60-65%) (800)

Test Sets:

A) 3 x 300 R:30"

Maintain high average speed. All 300s are within 15 seconds of each other. Average 3 times to get 100 pace (900)

B) 3 x 100 R:20"

Maintain highest possible sustained speed. All 100s are within 4-6 seconds of each other. (300)

Bonus:

10 x 50 Swim - Streamline R:20"

25 Non-Free/25 Free

8 x 25 Swim Fast 1st 6 strokes R:20"

6 x 50 Odd Br Kick/Even Pull R:10"

4 x 75 Free (Sprint last 25) R:20"

2 x 25 Non-Free - 90-95% (1350)

Cooldown: 4 x 50 "Silent Swim" (200)