

Going through the Paces + Fartleks

2900+/2125+ yard

Friday 4/17

WARMUP SET:

(400/300)

4/3 x 50 Free

(25 flutter kick on your back + 25 freestyle); focus on using a small, compact kick

4/3 x 50 Non-free

(25 non-free kick + 25 non-free)

Change Pace Set:

8/6 x 50 @1:00/1:10

(400/300)

SWIM – FREE

Descend 1 thru 3/2, Rest 30 Seconds, Swim #4/3 Fast,
Descend 5/4 thru 7/5, Rest 30 Seconds, Swim 8/6 Fast

8/6 x 50 @1:10/1:20

(400/300)

KICK – FREE

Descend 1 thru 3/2, Rest 30 Seconds, SWIM #4/3 Fast,
Descend 5/4 thru 7/5, Rest 30 Seconds, SWIM 8/6 Fast

8/6 x 50 @1:05/1:20

(400/300)

SWIM STROKE, Descend 1 thru 3/2, Rest 30 Seconds, Swim #4/3 Fast,
Descend 5/4 thru 7/5, Rest 30 Seconds, Swim 8/6 Fast

3 x 150/125 @3:30

(450/375)

PULL

Change Pace Repeat this x 2/1:

(600/300)

100 Choice @1:45/2:00/2:30

IM or Stroke

50 Choice @ 1:00/1:10/1:20

FAST 50 Stroke with Fins

100 FREE @1:30/1:40/2:00

50 Fast Free with Fins

CHASE FARTLEKS X 10 MIN I HOPE!!!

Cool Down: 250 Choice Easy kick and swim x 50

(250)