

Threshold & Sprints

Wicked Monday & TERRIBLE TUESDAY:

07/06 & 07/26

Warmup (300)

100 Swim / 100 Kick / 100 Pull

(300)

Threshold Sets (1750 or 1650):

2x200s Free on 3:00/3:20/3:40

1 master's minute

2x200s Pull on 3:00/3:20/3:40

1 masters's minute

(^^^2x through, then)

1x150 FAST

OR

11x150s on 2:15/2:25/2:40

OR

8x100s on 1:30/1:40/1:50

8x100s IM on 1:45/1:55/2:10

(2050/1950/3500/3600)

Then, do another round, OR:

Sprint set (500)

2x50s on :50/:55/1:00

2x50s on :45/:50/:55

4x50s on :40/:45/:50

Take :30 rest

2x50s ALL OUT on 1:00

(2550/2450/4000/4100)