

Pace Primer & Timed 500

Monday

Warm-Up (600 yards)

- 1 x 600, 200 Swim/200 Kick/200 Choice (600)

Drill Set "Smooth Flip Turns" (300 yards)

– 4 x 50s Mid-Pool Flip Turns
– 2 x 50s "Red Bull" turns (900)

Pre-Set Pace Primer (500 yards)

– 3 x 100 Free @ 500 Pace @ 1:40/1:50/2:00
– 4 x 50 Free Descend @ :55/1:00/1:05 (1400)

Main Event: Working up to the 500 (1300 yards)

– 5 x 100s Free @ 500 Pace @ 1:30/1:45/2:00
– 3 x 100s Free @ 1:45/2:00/2:15
 • 1st EZ Recovery
 • 2nd Strong pace (85-90% effort)
 • 3rd Build each 25 to FAST
– 1 x 500 Free TIMED (2700)

Extended Cooldown - on your own time (600 yards)

1 x 200 Swim
4 x 50s Kick
4 x 25s Scull
1 x 100 EZ (3300)