

Pace Yourself!

“Woden & Thor” Day

Warm Up Stop at 15 min past the hour. (700/350)

300/150 Swim

200/100 Kick

200/100 Pull

Set 1: 2x through, Steady Pace (2000/1000)

400/200 Freestyle Last 50 Backstroke @ 30s

300/150 Drill every other length

200/100 Kick Free w/ board

100 Freestyle 50 Free / 50 Backstroke

1:00 Rest After Set then repeat

Set 2: (900/450)

4/2 x 100 Freestyle Steady Pace @ 20s

1 x 50 Mixed 25 Free / 25 Backstroke @ 60s

3 x 100/50 Freestyle Descend 1-3 to 80% @ 20s

1 x 50 Mixed 25 Backstroke / 25 Free @ 60s

2/1 x 100 Freestyle Steady pace @ 20s

Cool Down (100)

1 x 100 Silent Swim Choice

Total: 3700/1850