

STEADY PACING

MONDAY: 08/17/26

Warm-Up (500 yards)

- 1 x 300 odd 50s free, even 50s back
- 1 x 200 50 long dog paddle/50 DPS

(500)

Main Set 1: Drill-Pull (1200 yards)

2x50 Fly Drill 1-1-1	on :55 / 1:05 / 1:15
1x200 Pull, BE 3-5 strokes	on 3:00 / 3:20 / 3:40
2x50 Back Drill 6-1-6	on :55 / 1:05 / 1:15
1x200 Pull, BE 3-5 strokes	on 3:00 / 3:20 / 3:40
2x50 Breast Drill 1up-2 down	on :55 / 1:05 / 1:15
1x200 Pull, BE 3-5 strokes	on 3:00 / 3:20 / 3:40
2x50 Free Drill "Long Dog"	on :45 / :55 / 1:05
1x200 Pull, BE 3-5 strokes	on 3:00 / 3:20 / 3:40

(1700)

Main Set 2: Free & Stroke (1600 yards)

3 x 100 Best Average	on 1:30 / 1:40 / 1:50
100 EZ on 2:00	
3 x 100 IM/Stroke	on 1:45 / 1:55 / 2:05
100 EZ on 2:00	
3 x 100 Best Average	on 1:25 / 1:35 / 1:45
100 EZ on 2:00	
3 x 100 IM/Stroke	on 1:40 / 1:50 / 2:00
100 EZ on 2:00	

(3300)

Main Set 3: Threshold 50s Effort (500)

10 x 50s Choice	on :50 / :55 / 1:00
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(3800)