

All Swimmers

Thursday, 04/30/14

(TP) Triathlon Pace = Pace you would Begin your Triathlon/Long Distance Swim Event

Sharks

Warm up (900 yards)

400 Swim Easy (200 free / 200 stroke)

300 Pull

200 I.M.

Set 1 (500 yards)

10 x 25's Sprint Free **on :25**

6 x 25's Sprint No Free, I.M. order **on :30**

4 x 25's Underwater Kick (alternate fly kick , breast kick)

Set 2 (1,150 yards)

200 yard free @ 80% effort

50 Ez | **3 min. rest**

100 yard all out

50 Ez | **3 min. rest**

200 yard free @ 90% effort

50 Ez | **3 min. rest**

100 yards @ 90% effort

50 Ez | **3 min. rest**

200 yard free all out

50 Ez | **3 min. rest**

100 yards @ 80% effort

Warm Down