

## Triathletes

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

### **Optional Long Slow Distance**

#### **Main Set ( ∞ )**

Zone 2, TP. Continuous, no rest

Continuous 200's: Alternate 200 Swim / 200 Pull / 200 Kick / 200 Stroke

- Every 8 laps do Single Wall Push up
- After each 800 do...DL – 1 min flutter kick,  
30 situps or crunches (L,C,R), 1 min plank