LANE 6 - RACE SIMULATION POOL SWIM

The main set simulates a triathlon swim where the pace is always fast at beginning, then it settles after a while and you get into pack, then it can tend to finish strong as people start thinking about getting out of the water. The kick at the end of each long swim is meant to improve your resistance to fatigue. (*Train hard, race fast*)

WARM UP: 400 FREE/ EVERY 4TH LENGTH ABF; 200 PWP; 100 EZ

MAIN SET

- 5 x 50 @:40 + 5 x 50 @:45
- 5 x 450 @7:30 **(400 swim/50 kick HARD with Board).**

Warm down: 150 easy TOTAL: **3600**

LANE 5 - RACE SIMULATION POOL SWIM

The main set simulates a triathlon swim where the pace is always fast at beginning, then it settles after a while and you get into pack, then it can tend to finish strong as people start thinking about getting out of the water. The kick at the end of each long swim is meant to improve your resistance to fatigue. (*Train hard, race fast*)

WARM UP: 400 FREE/ EVERY 4TH LENGTH ABF; 200 PWP; 100 EZ

MAIN SET

- 5 x 50 @:45 + 5 x 50 @:50
- 5 x 450 @8:00 (400 swim/50 **kick hard with board**).

Warm down: 150 easy TOTAL: **3500**

LANE 4 - RACE SIMULATION POOL SWIM

The main set simulates a triathlon swim where the pace is always fast at beginning, then it settles after a while and you get into pack, then it can tend to finish strong as people start thinking about getting out of the water. The kick at the end of each long swim is meant to improve your resistance to fatigue. (*Train hard, race fast*)

WARM UP: 400 FREE/ EVERY 4TH LENGTH ABF; 200 PWP; 100 EZ

MAIN SET

- 5 x 50 @:50 + 5 X 50 @:55
- 5 x 450 @8:30 (400 swim/50 **kick hard with board**.).

Warm down: 150 easy TOTAL: **3500**

LANE 3 - RACE SIMULATION POOL SWIM

The main set simulates a triathlon swim where the pace is always fast at beginning, then it settles after a while and you get into pack, then it can tend to finish strong as people start thinking about getting out of the water. The kick at the end of each long swim is meant to improve your resistance to fatigue. (*Train hard, race fast*)

WARM UP: 300 FREE/ EVERY 4TH LENGTH ABF; 200 PWP; 100 EZ

MAIN SET

- 5 x 50 @:55 + 5 X 50 @1:00
- 5 x 400 @8:00 (350 swim/ **kick hard with board**).

Warm down: 100 easy TOTAL: **3300**

LANE 2 - RACE SIMULATION POOL SWIM

The main set simulates a triathlon swim where the pace is always fast at beginning, then it settles after a while and you get into pack, then it can tend to finish strong as people start thinking about getting out of the water. The kick at the end of each long swim is meant to improve your resistance to fatigue. (*Train hard, race fast*)

WARM UP: 200 FREE/ EVERY 4TH LENGTH ABF; 200 PWP; 100 EZ

MAIN SET

- 5 x 50 @:55 + 5 X 50 @1:00
- 4 x 400 @8:15 (350 swim/50 **kick hard with board**).

Warm down: 200 easy TOTAL: **3000**

LANE 1 - RACE SIMULATION POOL SWIM

The main set simulates a triathlon swim where the pace is always fast at beginning, then it settles after a while and you get into pack, then it can tend to finish strong as people start thinking about getting out of the water. The kick at the end of each long swim is meant to improve your resistance to fatigue. (*Train hard, race fast*)

WARM UP: 200 FREE/ EVERY 4TH LENGTH ABF; 200 PWP; 100 EZ

MAIN SET

- 4 x 50 @1:05 + 4 X 50 @1:10
- 3 x 400 @8:30 (350 swim/ **kick hard with board**).

Warm down: 150 easy TOTAL: **2800**