

Threshold Pace Workout

Warm Up (400) FS

Kick/Swim (400)

4 X 50 as ↑ kick hard ↓ FS easy

4 X 50 as ↑ Tarzan ↓ FS easy

Threshold Pace Set (2,100)

Every length at CSS pace/length

(TL column on the CSS Calculator)

If using a Tempo Trainer, use Mode 1 and set to TL. Stay with the beep!

4 X 100 +1 Beep or 20s

1 X 200 +2 Beeps or 40s

4 X 100 +1 Beep or 20s

1 X 300 +2 Beeps or 40s

4 X 100 +1 Beep or 20s

1 X 400 +60s

Cool Down 400 Choice

(Total 3300)