

Threshold Development

Warm Up 400 FS

Drill Set (400)

4 X 50 as ↑ Kick hard ↓ FS easy

4 X 50 as ↑ Tarzan ↓ FS easy

Threshold Pace Set (2,000)

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!

3 X 200 +60s (full recovery)

3 X 300 +60s

1 X 500

Cool Down: 400 Choice

(Total 3200)