

# Threshold Pace with & without beeps

Warm Up 400 FS

Technique Set (400)

4 X 50 as Scull #1 to middle, FS to wall

4 X 50 as 1-Arm w/Kickboard

Threshold Pace Sets (2,000)

Set 1: Use Tempo Trainer to swim at TL

4 X 100 +1 Beep or 20s rest

3 X 200 +1 Beep or 20s rest

Set 2: Use wall clock (no Tempo Trainer)  
to swim each repeat at threshold pace

4 X 100 +20s rest

3 X 200 +20s rest

Cool Down: 400 Choice

(Total 3200)