

1, 2, 3, 4

Warm Up (1000)

1 X 100 FS

1 X 200 w/PB

1 X 300 FS

1 X 400 w/PB

Main Set (2000)

Use Tempo Trainer to swim at TL

4 X 100 +1 Beep or 20s Rest

3 X 200 +1 Beep or 20s Rest

2 X 300 +2 Beeps or 40s Rest

1 X 400

Cool Down (200-400)

Choice