

Threshold + Sprints

Warm Up (600)

3 X 200 FS (#2 w/PB)

Main Set (2000)

Use Tempo Trainer to swim at TL

Repeat 2 Times:

4 X 100 +1 Beep or 20s Rest

2 X 200 +2 Beeps or 40s Rest

4 X 50 Sprint – Beat the beep! Rest is whatever you get between 2 beeps (or 10s if no Tempo Trainer)

Cool Down (200-400)

Choice