

# TP 100s

## Warm Up (~600-1000)

12 minutes FS all ↑ Lane 1 ↓ Lane 2

duck under lane line at the wall

(practicing crowd awareness, passing, drafting)

## Goggle Adjustment Practice (400)

8 X 50 FS +10s

during 2<sup>nd</sup> 25, remove & replace goggles

(simulating goggle adjustments after bumps)

## 100s on Descending Rest (2000)

Begin at threshold pace per 100 plus 12s

4 X 100 on \_\_\_\_\_ (TP100+12s)

4 X 100 on \_\_\_\_\_ (TP100+10s)

4 X 100 on \_\_\_\_\_ (TP100+8s)

4 X 100 on \_\_\_\_\_ (TP100+6s)

4 X 100 on \_\_\_\_\_ (TP100+4s)

## Cool Down (200-400)

200-400 Choice