

# Threshold 50s and Longer

## Warm Up (~400)

While sighting once per length (both directions):  
10 minutes ↑ FS quick ↓ FS easy recovery pace

## Threshold Set (3000)

M2 = threshold pace per 50 + 5 seconds

M1 = threshold pace per 25

Take extra 20s after each set to switch modes

## Repeat 2 Times

4 X 50 M2 (beat the beep)

1 X 300 M1 (stay with the beep)

2 X 100 M2 (beat the beep)

1 X 800 M1 (stay with the beep)

extra 60s rest before second time through

## Cool Down (200-400)

200-400 Choice

(total 3600-3800)