

Technique & Conditioning Pyramid

Warm Up (~400)

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

Drill Sets (400)

4 X 50 ↑ Scull #1 ↓ FS quick

4 X 50 6-n-6 Drill

Main Set Pyramid (1600)

(100, 200, 300, 400, 300, 200, 100)

All at threshold pace, rest interval of

- 15 seconds
- or 1 Beep if using tempo trainer

Cool Down (200-400) Choice