

# Two-Pace Focus Pyramid

## Warm Up (~600)

12 minutes FS all ↑ Lane 1 ↓ Lane 2  
(crowding, passing, drafting practice)

## Main Set – Two-Pace Focus (1600)

Rest 10s after each repeat

100 @ TP (Threshold Pace)

200 w/PB @ EP (Endurance Pace)

300 @ TP

400 w/PB @ EP

300 @ TP

200 w/PB @ EP

100 @ TP

## Cool Down (200-400)