

# Arms Focus Conditioning Pyramid

## Warm Up (~600-1000)

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

## Kick Set (400)

8 X 50 as ↑ kick hard ↓ FS Easy

## Main Set – Pull Focus (2000)

Rest 10s after each repeat

50 Fast!

100 @ TP (Threshold Pace)

150 w/PB @ EP (Endurance Pace)

200 @ TP

300 w/PB @ EP

400 @ TP

300 w/PB @ EP

200 @ TP

150 w/PB @ EP

100 @ TP

50 Fast!

## Cool Down (200-400)