

Faster Stroke Rate w/Tempo Trainer (TT)

Warm Up (400)

400 FS — Use TT to determine stroke rate (SR) for today

Kick/Swim Set (600)

Kickboard optional all kick repeats; all w/10s rest

100 Kick on belly

100 FS Easy pace

100 Kick on side (change sides each wall)

100 FS Moderate pace

100 Kick on back

100 FS Fast pace

Stroke Rate Set (1200)

12 X 100 +10s rest

Start w/TT at warm-up stroke rate

Ea. 100, increase by 2 until you cannot

Then, lower by 2 looking for sweet spot

Cool Down (200-400) choice