

Threshold Endurance

Warm Up (~600-1000)

12 minutes FS all ↑ Lane 1 ↓ Lane 2

duck under lane line at the walls

(practicing crowd swimming, passing, drafting)

Drill Set (400)

4 X 50 ↑ Tarzan ↓ Easy FS

4 X 50 ↑ Scull #1 ↓ Easy FS

Threshold Set (1500)

Tempo Trainer = M1 and TL (your CSS pace per length)

Stay with the beep!

One beep of rest following each repeat

2 x 100, 1 x 200

2 x 100, 1 x 300

2 x 100, 1 x 400

Cool Down (200-400)

200-400 Choice