

KENDAL TRI CLUB



Holding your Pace for the Race

This session is based around your race pace for longer open water swims. It is designed to develop your ability to swim well at a pace you can hold rather than going out too fast to start with.

Warm up

300m easy warm up

200m breathe every 2 strokes change side each length

Main set

Set to be done on CSS with 1 beep recovery or 25 sec recovery if no beeper.

2 x 100m one 100m pull buoy

1 x 200m

2 x 100m - One 100m pull Buoy

1 x 300m

2 x 100m - one 100m pull buoy

1 x 400m

2 x 100m - one 100m pull buoy

Warm down

200m easy

Total distance 2400m