

# KENDAL TRI CLUB



## Technique and Pacing

### Warm up

500m easy freestyle

5 x100m fins (+10s rest) as:

100m = 25 Side Kick L + 25 Side Kick R + 50 full stroke

100m = ↑ 6/1/6 ↓ full stroke

100m = ↑ 6/3/6 ↓ full stroke

100m = ↑ popov ↓ full stroke

100m = ↑ torpedo kick ↓ full stroke

### Main set

5 x 200m full stroke (+1 beep rest)

stay on beep for first 100 then beat the beeper, i.e. “negative split”)

500m pull and optional paddles

### Warm down

200 easy choice

Total distance 2700m