

# **OWS Skills & Pyramid**

## **Warm Up (~400)**

While sighting once per length (both directions)  
10 minutes ↑ FS quick ↓ FS easy recovery pace

## **Drill/Pass Set (400)**

All swimmers crowd into 1 or 2 lanes

In each lane, two groups: A & B

16 X 25 ↑ Drill(A) Pass(B) ↓ Drill(B) Pass (A)

## **Main Set Pyramid (1600)**

(100, 200, 300, 400, 300, 200, 100)

All at threshold pace, rest interval of

- 15 seconds
- or 1 Beep if using tempo trainer

## **Cool Down (200-400) Choice**