Smooth Swimming w/Tempo Trainer (TT)

Warm Up (400)

400 FS – determine stroke rate to set TT

Smooth Breathing Set (600)

B2 = breathe every other stroke, B3 = every 3rd

2 X 100 B2 +10s rest

2 X 100 B3 +10s rest

2 X 100 (B2, B3) +10s rest

Smooth Sighting Set (800)

Sight every 6th stroke

4 X 100 B2 +10s rest

4 X 100 B3 +10s rest

Sprint Set (800)

16 X 50 alt fast/easy +10s rest

Cool Down (200-400) choice