

Practice # 70 – Iain’s 200s (Lanes 1 & 2)

Warm Up: 300 DPS

200 Pull

100 Kick

8 x 50 on 1:10 Drill/Swim

Odd “Head Up” Drills

Even “Head In” Drills

1000

W/U Set: 8 x 50m on 1:10 as:

Odd – Break out/Easy (20/30)

Even – build to fast

400

Main Set:

**3 x 200 @ “Tri Race Pace +” on
3:30/3:45 (30-40 R.I.)**

2 x 50 DPS/Easy on 1:30

**3 x 200 @ “Tri Race Pace +” on
3:15/3:30 (15-20 R.I.)**

2 x 50 DPS/Easy on 1:30

**2 x 200 @ “Tri Race Pace +” on
3:00/3:15 (0-5 R.I.)**

2 x 50 DPS/Easy on 1:30

1700

Cool down - OYO

3100

Practice # 70 – Iain’s 200s (Lanes 3 & 4)

Warm Up: 200 DPS

100 Pull

100 Kick

6 x 50 on 1:10 Drill/Swim

Odd “Head Up” Drills

Even “Head In” Drills

700

W/U Set: 8 x 50m on 1:10 as:

Odd – Break out/Easy (20/30)

Even – build to fast

400

Main Set:

**3 x 200 @ “Tri Race Pace +” on
4:15/4:30 (30-40 R.I.)**

1 x 50 DPS/Easy on 1:30

**2 x 200 @ “Tri Race Pace +” on
4:00/4:15 (15-20 R.I.)**

1 x 50 DPS/Easy on 1:30

**1x 200 @ “Tri Race Pace +” on
3:45/4:00 (0-5 R.I.)**

1 x 50 DPS/Easy on 1:30

1350

Cool down - OYO

2450