

Practice # 71 – Iain’s 7-Rounds (Lanes 1 & 2)

Warm Up:

200m Easy warm up

**8 x 50m on 1:10 Ball Hockey Drill
(John’s Fav)**

**8 x 50m on 1:10 DPS (feel the
difference)**

1000

Main Set:

7 rounds of:

**1 x 200m @ “Tri Race Pace +”
on 3:00/3:15 (5-10 R.I.)**

**1 x 100 DPS/Easy/Stretch it out
on 3:00/3:15**

2100

COOL DOWN:

Swim OYO

Total = 3100 + cool down

Practice # 71 – Iain’s 7-Rounds (Lanes 3 & 4)

Warm Up:

200m Easy warm up

**6 x 50m on 1:20/1:25 Ball Hockey
Drill (John’s Fav)**

**6 x 50m on 1:10/1:15 DPS (feel
the difference)**

800

Main Set:

5 rounds of:

**1 x 200m @ “Tri Race Pace +”
on 3:30/3:45/4:00 (5-10 R.I.)**

**1 x 100 DPS/Easy/Stretch it out
on 3:30/3:45/4:00**

1500

COOL DOWN:

Swim OYO

Total = 2300 + cool down