# FORM®

## Race Pace Finish (L)

Finish Fast with this Half Iron distance simulation swim. Follow the session details carefully and practice your back-end 'Race Day' strategy with the appropriate stroke rates on each change in intensity. This tactical session is best repeated as part of your regular event training in the weeks leading up to your event.

Coach's Tip: Ensure your swim dashboard contains live stroke rate during this swim, so you can practice the tempo you would like to execute on the day. It is best to have an idea of your stroke rate strategy before diving into this workout.

CATEGORY
Endurance

DISTANCE
2900 m/yds

DURATION
30–40 min

INTENSITY
Moderate

EQUIPMENT

∞ Pull Buoy

### Warmup Set

**1 × 200 Choice** | EASY
– 20 SECONDS REST –

∞ **2 × 100 Freestyle** @20 SEC | MODERATE
– 20 SECONDS REST –

**4 × 50 Freestyle** @15 SEC | DESCEND Easy→Strong
– 20 SECONDS REST –

**1 × 100 Freestyle** | EASY
– 30 SECONDS REST –

### Main Set  4 x Rounds

**1 × 300 Freestyle** | MODERATE
– 15 SECONDS REST –

**1 × 50 Freestyle** | STRONG
– 20 SECONDS REST –

### Post Set

**4 × 100 Freestyle** @15 SEC | STRONG
– 30 SECONDS REST –

### Cooldown Set

**1 × 100 Choice** | EASY
– 20 SECONDS REST –

**4 × 50 Freestyle** @15 SEC | DESCEND Easy→Strong
– 15 SECONDS REST –

**1 × 100 Freestyle** | EASY