

FORM[®]

Starting Strong (L)

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Start Strong in your next race with this Half Iron simulation swim. Follow the session details carefully and practice your front-end race strategy with the appropriate stroke rate to simulate your next event swim. 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's best to have an idea of your strategy before diving into this workout.

CATEGORY	DISTANCE
Endurance	3000 m/yds

DURATION	INTENSITY
30-40 min	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 Moderate→Fast

- 20 SECONDS REST -

1 × 100 Freestyle | EASY

- 30 SECONDS REST -

Pre Set

4 × 50 Freestyle @15 SEC | FAST

- 15 SECONDS REST -

3 × 100 Freestyle @15 SEC | STRONG

- 15 SECONDS REST -

Main Set 4 x Rounds

1 × 300 Freestyle | MODERATE

- 15 SECONDS REST -

1 × 50 Freestyle | STRONG

- 20 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