

Whitewater Swimming

Pace Workout for Distance or Open Water #1

Warmup:

3 x 200 Build each 50

Main Set:

15x100 Goal Pace :30 seconds rest

4x50 easy

5x100 Descend (Swim each one 1-2 seconds faster each time with the last one an all out sprint) 15 seconds rest

2 x 300 pull 1:00 rest

Warmdown:

3x100 catchup

3700 Yards or Meters

