



Sprint Triathlon Swim Workout (1 Kilometer Swim)

200 Easy Free Warmup

Set:

100 :30 seconds rest Moderate Pace

300 :20 seconds rest Moderate Pace

200 :20 seconds rest Moderate Fast Pace

300 :10 seconds rest Fast Pace

100 ALL OUT FAST PACE!

Try this set and time yourself for the entire 100, 300, 200, 300, 100 Set. The idea is to increase your effort as you progress through the set. Start out nice and easy and get faster as instructed for each part. Make sure to rest exactly as written above. Then, take your total time and subtract 1:30 to get your swim time. Try to improve that time each workout. For more advanced swimmers, the set can be repeated 2-3 times with 5:00 rest in between sets. Each set = 1000 Meters or Yards

