



No warm-up for this one – just dive right into it! Today you will need your beeper set to Mode 2. To calculate your starting pace, take your CSS per 100 pace divide it by 2 and add 7 seconds. Example, if your CSS pace is 2:00, your RMC7 pace (part 1) would be 1:07 ($2:00/2 + 7$). For the entire workout, your rest will be determined by how much you beat the beep. If not using a beeper, try to increase your effort slightly for each part and take the target rest noted in the workout.

Part 1: 2 x 100 swim
Pace: RMC7, Mode 2, 50m pace. Send off is the 2nd beep.
(Target rest: :10)

Part 2: 2 x 200 swim
Pace: RMC6, drop beeper down (get faster) by 1 second. (Target rest: :15)

Part 3: 2 x 300 swim (optional pull & paddles for 1st one)
Pace: RMC5, drop beeper down another second (Target rest: :20)

Part 4: 2 x 400 swim
Pace: RMC4, drop beeper down another second (Target rest: :20)

Part 5: 2 x 500 swim
Pace: RMC3, drop beeper down another second (Target rest: :20)

Cool-Down: As needed

Distance: 3,000m + cool-down
To shorten to 2,000m, stop after part 4