No warm-up for this one! Pink (or Red) Mist sets are about getting in and swimming like you would on race day. Some dryland arm circles / swings or shoulder warm-up is a good idea. Tempo trainer required for this swim.

Set your beeper in MODE 1. (See pace calc. details on the right)

Rest is 1 beep recovery after each 300

4 x 300 swim @ CSS +6

3 x 300 swim @ CSS +5

2 x 300 swim @ CSS +4

1 x 300 swim @ CSS +3

To calculate your paces: Take your CSS pace /100m, add 6 seconds and divide by 4.  If your CSS is 2:00 your CSS+6 pace will be 2:00 +6 / 4  = 31.50. You will STAY on the beep for every 25m. When you go from CSS +6 to CSS +5, you will get faster by .25 of a second. In this ex. the CSS +5 pace would be 31.25.  Each pace switch you simply reduce your beeper by .25.

Tip: This set is all about pacing – the first 4 300s at CSS+6  should feel quite comfortable – don't be FOOLED! This set gets hard. Stick with the beep – don't get ahead of it. There is a good chance you will be chasing it later on. Can do this as 400's rather than 300s and turn it into The Swim Smooth staple "Classic Red Mist set".  Enjoy!