

File : 2020-02-14 DP.pdf

Pool: Phillip

Long Course

Title: Time trial to remeasure your CSS / Threshold speed

Instructions: Just do it :)  
CSS times are per 25 metres, Tempo Timer required



### Warm up

400 Easy Choice

200 Pull

200 Paddles

200 swim easy



Duration	Dist.	Cumu.
18:00	1000	1000
7:00:00	Start	
7:18:00	Finish	

### Build

6 x 50 as 25 easy, 25 fast R:15

3 x 100 as 25 easy, 25 moderate, 25 fast, 25 sprint R:30

200 OTB at your previous CSS R: 2 mins

4 x 100s at you estimated new CSS pace R: 1 Beep

Rest 2 mins



Duration	Dist.	Cumu.
20:00	1200	2200
7:19:00	Start	
7:39:00	Finish	

### Main -1

400 CSS time trial - no beeper

self timed - aka as quick as you can go

2 mins rest / 100 easy

200 CSS time trail - no beeper

self timed - aka as quick as you can go

Provide GG you times - via email

2 mins rest / 100 easy

### Main - 2

6 x 100 OTB @ NEW CSS + 0 R: 1 Beep

Duration	Dist.	Cumu.
10:24	600	2800
7:40:00	Start	7:50:24

Duration	Dist.	Cumu.
10:24	600	3400
7:51:24	Start	
8:01:48	Finish	

### Cool down

600 Ch

Duration	Dist.	Cumu.
11:12	600	4000
8:02:48	Start	
8:14:00	Finish	

Estimated duration (@ GG Pace) **1:14:00** 4000

OTB = On the Beep meaning: Keeping pace with the beep, should hear a beep each time your toes pass half way and each time they leave the wall

BTB = Beat the Beep. here you swim faster than the beep to accumulate your rest interval