Pacer Test Set: Swim 100s with faster-and-faster intervals, dropping by :01, and starting at 1:35.

Instructions:
First 100 is on 1:35. Next 100 is on 1:34 and so on, dropping the interval by 1-second throughout.
When failure comes, skip that send off. RECORD the repeat number missed. Shout to coach if necessary

Date:

Resume on the following interval and do one-less length. The 100s turn into 75. The 75s turn into 50s. The 50s turn into 25s.

When the next failure comes, record that number as well. Shout out to coach if necessary. Follow along on the time scripts.

Failure means you did not make it back in time to hear the "go" command.

Name:	1st Fail	2nd Fail	3rd Fail
All Freestyle, else noted	100 skipped	75 skipped	50 skipped

Pacer Test Set:

Swim 100s with faster-and-faster intervals, dropping by :01, and starting at 1:35.

Instructions:

First 100 is on 1:35. Next 100 is on 1:34 and so on, dropping the interval by 1-second throughout. When failure comes, skip that send off. RECORD the repeat number missed. Shout to coach if necessary. Resume on the following interval and do one-less length. The 100s turn into 75. The 75s turn into 50s. The 50s turn into 25s.

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Name:	1st Fail	2nd Fail	3rd Fail
All Freestyle, else noted	100 skipped	75 skipped	50 skipped
			

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Name: All Freestyle, else noted	1st Fail 100 skipped	2nd Fail 75 skipped	3rd Fail 50 skipped
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