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

Date: $\qquad$
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 50 s. The 50 s turn into 25 s.

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:

All Freestyle, else noted
100 skipped

## 1st Fail

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Name:
All Freestyle, else noted

1st Fail
100 skipped
$\qquad$

2nd Fail
75 skipped
$\qquad$

3rd Fail
50 skipped
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