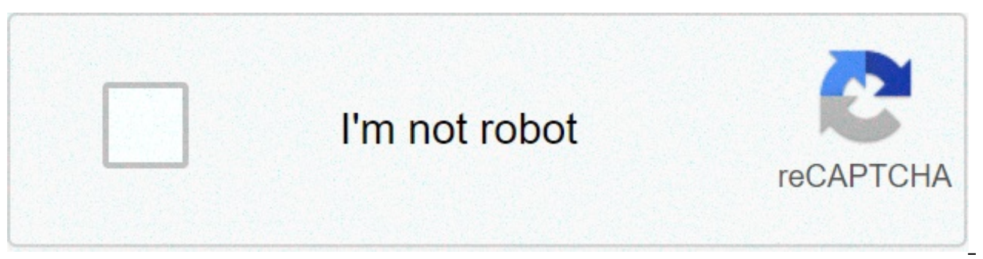

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Finis tempo trainer manual

Below is a simple reference guide to learn how to use the buttons on the Finis Tempo Trainer Pro. You can get the manual here for the complete and official instructions from Finis. ** It has three buttons. One on top and two on the bottom. TURN ON – press the lower right button for about 1 second. TURN OFF – press both the bottom buttons together for about 1 second. INCREASE TEMPO (faster) – press the lower left button. Tempo will increase by +0.01 second per click. DECREASE TEMPO (slower) – press the lower right button. Tempo will decrease by -0.01 second per click. CHANGE MODE – press the top button for about 1 second. There are three modes 1, 2, and 3. Mode 1 is for Tempo = seconds per stroke. Mode 2 is for setting pace times for laps, distance or intervals (setting the beep to correspond to the time you reach a certain point in your swim, not every stroke). Mode 3 is for Stroke Rate = strokes per minute. It is the inverse of Mode 1. Mode 1 and Mode 3 are mathematical inverses to each other. Example: A 1.00 second Tempo (Mode 1) = 60 Strokes Per Minute (Mode 3) It is a matter of preference in which unit or mode to use. For pool work it is most convenient to use Tempo (Mode 1) in conjunction with stroke counting and doing the math calculations. ** The most common way to use the Tempo Trainer is to set the beep (Mode 1) to sound off with each stroke you take. Your brain anticipates the beep and your are challenged to keep your stroke in rhythm with the consistent beeping of the Tempo Trainer – just like a metronome works to keep a pianist on tempo. But where in the stroke should you put the beep? Good question! You can time that beep with any part of the stroke you want, anywhere on the body. You could concentrate on timing the beep with one of these easily identifiable points: The fingers of your spearing hand cut the surface of the water in front Your spearing arm reaching Full Extension point Setting The Catch Initiating the Hip Thrust The 2-Beat Kick Everyone has a Tempo 'Comfort Zone' to start with – this is a range of Tempos that you can comfortably take strokes at. There will be a comfortable middle zone, there will be a uncomfortably fast edge and an uncomfortably slow edge to that tempo range. Whether that tempo range is appropriate or not for your swimming goals is another question. Answering that question is another part of the TI improvement path. Just because it is comfortable now does not mean that is where you should keep it – your goals, your body, and your brain will determine where the appropriate range should be. But to start with, experiment at different tempos to find out where your tempo range is – start with 1.30 seconds per stroke and incrementally work your way toward the slow direction to find out where it starts to feel awkwardly slow (your sense of stability in the water will feel challenged). And then incrementally work your way toward the fast direction to find out there it starts to feel rushed and it feels hard to hold your best stroke. Take note of where your Comfort Zone seems to be and use that as a reference point for your training with the Tempo Trainer. In your initial work with the Tempo Trainer it will help you in two ways: 1) It will train your brain to hold consistent rhythm for every stroke. 2) It will train your brain to concentrate on a particular point of your stroke. I often mention to swimmers, "The Tempo Trainer makes a great servant but a terrible master." In other words, use the Tempo Trainer when it is helping you achieve a specific skill goal. But when you find it oppressive or overwhelming to your brain, set it aside. It is a wonderful tool at the right times, but it is not a tool for all times. Ultimately, we train with a Tempo Trainer in order to be able to swim at Tempo without using one. We use the Tempo Trainer to build a Tempo-Trainer into our own brain's circuits. ** If you see the numbers on the screen but do not hear a beep it is possible that the TTPro is set Mode 2, in minutes rather than seconds, and so you'll be waiting for those minutes to pass on the screen before you hear another beep! If you hold down the Left Button it will start increasing speed more rapidly. The longer you press and hold the button down the seconds will accelerate, so be careful how long you press it. Re-read the TT manual to understand the different between Seconds and Minutes mode. For many of our beginner's purposes I don't find the Minute mode to be very useful, but the feature provides many creative options for training. (I happen to use my TT for running with a certain stride tempo as well). I do not use the bulky clip provided with the TT. Instead I slip the TT under my camp somewhere comfortable behind my ear or toward the back of my head, below my goggle straps. I have learned to keep the TT in my cap, pre-set it to my starting tempo, then just reach my hand behind my head, and by feel, click the Left or Right button to speed up or slow down the tempo during my practice. I rarely pull it out in the pool, but sometimes I feel I've mis-clicked or I lose track of what tempo I am on so I pull it out to look. The TT Pro floats, fortunately, but still, I don't want to go looking for it in rough or murky water. The risk of dropping the TT from the clip, in my opinion, is far more dangerous since the snugness of the clips is not consistent from TT to TT and water is pushing against it noticeably when worn outside the cap. Also a rogue wave or arm can knock it off the clip. I often swim with it in open-water and don't want to turn it on until a certain point in my swim. I can just reach back to TT hidden under my cap and click the Right Button ON and start swimming at the pre-set tempo, without ever looking at it. Enjoy your new toy! © 2012, Mediterra International, LLC. All rights reserved. Unauthorized use and/or duplication of this material without express and written permission from this site's author and/or owner is strictly prohibited. Excerpts and links may be used, provided that full and clear credit is given to Mediterra International, LLC and Mediterraswim.com with appropriate and specific direction to the original content. Coach Mike Cook, Mason Makos Yesterday's practice with our 9-12 year olds, 25 yard pool. Andy Copley, Malibu Canyon Aquatics Lactate Threshold Set working on 2nd 50 of goal 100 with a little bit of underwater dolphin kick worked in… GEAR: Fins; Tempo Trainer 7×50 w/fins @ 2nd 50 goal pace 1:00 8×25 no fins, 12subkk @ .45 tempo :25 6×50 w/fins @ 2nd 50 goal pace :55 10×25 no fins, 14subkk @ .45 tempo :30 5×50 w/fins @ 2nd 50 goal pace :50 12×25 no fins, 16subkk @ .45 tempo :35 4×50 w/fins @ 2nd 50 goal pace :45 I do variations of this set a few times each season with different strokes, going off the blocks, etc… it has been one of my most effective sets for a couple of years now as the kids love it and I always get a huge effort out of everybody. Coach Jorge Fernandez, Falfins Swim Team Here is a set the mid. dist./dist. freestylers did Tuesday 12/18. We train at Wolf Ranch Rec. Center in Colorado Springs at 6400 feet so I have to give them more rest on certain sets and repeats. The focus on the 200's was to get out strong and steady, the 50's focus was the middle part of the race where you have to be more aggressive getting out of your comfort zone, and the 25's focus was to bring it home with a great tempo and legs. Also on the 25's I had a few kids do their specialty stroke like fly, breast, or backstroke focusing on their 100 goal pace. 5×200@2:40 pink +5×50@50 red +4×25 beat the beep with a tempo trainer. Regroup after beat the beep. Individuals have different times to beat. So 1 to 1.5 minutes rest before the 200's. 4×200@2:40 pink +4×50@50 red +4×25 beat the beep with a tempo trainer. Regroup. 3×200@2:40 pink +3×50@50 red +4×25 beat the beep. Regroup. 2×200@2:40 pink +2×50@50 red +4×25 beat the beep. Regroup. 1×200@2:40 pink +1×50@50 red +4×25 beat the beep. – – – – – – – – – – – – – – – Do you sometimes need an idea for practice? Would you like a weekly email to help spark your creativity? Then sign up for our weekly e-newsletter to get a weekly dose of information, inspiration, and innovation delivered every Tuesday. Mike Cook, Mason Makos 4 rounds odd rounds fly even rounds back. Fast fish kicks underwater get up when you decelerate into fast stroke. Stay with the beep and feel the difference. Fly no breath first stroke. Can not past 15 meter with fins 4x8x25 @35 fins 1st round TT@0.7. 2nd round TT@0.6. 3rd round TT@0.5. 4th round TT @0.4 Now PICK A COMFORTABLE SETTING AND SET YOUR TRAINER 0.1 lower and do the next set 20×50 @50. Odds fly to back evens back with fins ———— Another issue of "the wake-up swim" was published this week. Check out the archives here to see what you've missed or you can sign up here. Ryan Woodruff, Lynchburg YMCA We have enough Tempo Trainers for half of our top group to use them at the same time, so I devised this two-station set. The set in red is designed to use the Tempo Trainers to challenge their ability to hold Distance Per Cycle at race speed. The set in blue encouraged long, kick-driven strokes. Editor's note: This set first appeared on this blog on August 28, 2017 Ryan Woodruff, Lynchburg YMCA This set was adapted from SwimSmooth.com's Ramp Test The Sweet Spot Test Set Using a Tempo Trainer 12 x 50 LCM @ 1:20 Begin at a tempo you know you can hold (if you are doing freestyle, try something between 1.50 and 1.80). Hold that tempo as precisely as possible for the entire 50m. Have a friend or a coach count your cycles and record that info. On each subsequent 50, lower your tempo by .10 until you reach a tempo that you are unable to hold. After that failure point, take your tempo back up to near where it started, and bring it down again. Also make note of your effort level on a scale of 1-10. At the completion of the set, you should have a range of tempos, cycle counts, efforts, and times. Look for effort levels in the 8 or 9 range. If you are well-conditioned, these should roughly approximate 200 pace. The range of data that you find will be your "Sweet Spot." Train in and around this sweet spot as often as possible to improve your ability to sustain this pace or even to improve upon it. This post originally appeared on this blog on May 26, 2010. Bob KizerHead CoachSienna Plantation Aquatics We did this set today to work on race tempo swimming in practice before a meet tomorrow. The 200s were done at 500 race tempo for each swimmer, the 100s @ 200 tempo, the 50s @ 100 tempo, and the 25s @ 50 tempo. 2 x 100 Kick All Out @ 2:30 2 x 100 Kick All Out @ 2:30 2 x 100 Kick All Out @ 2:30 Ryan WoodruffHead CoachLynchburg YMCA We have enough Tempo Trainers for half of our top group to use them at the same time, so I devised this two-station set. The set in red is designed to use the Tempo Trainers to challenge their ability to hold Distance Per Cycle at race speed. The set in blue encouraged long, kick-driven strokes. Ryan WoodruffHead CoachLynchburg YMCA We did a version of the following kick set to challenge our dolphin kicking ability and to probe the limits of our ability to kick fast underwater. We used Finis Tempo Trainers and did the first round with the beeping tempo set at .60, second round at .50, third round at .45, fourth round at .40. Some swimmers were able to maintain an effective dolphin kick down to .40. Others lost "hold" on the water and became inefficient. This is potentially useful information for our training. 4 Rounds of: 8 x 25 @ :3510 underwater kicks at TT tempo, then swim ez the rest of the way 1 x 50 ez free B3 Ryan WoodruffHead CoachLynchburg YMCA One of my favorite training tools is the Tempo Trainer from Finis. It is essentially a swimming metronome, giving an audible beep that can been heard underwater. Just tuck the tempo trainer under your cap near your ear, and you are good to go. You can get one at aquagear.com, who provided us a Tempo Trainer to use. There are many creative ways you can use the Tempo Trainer: 1. In the conventional way, to help a swimmer hit a certain tempo at practice. Here is an example. 2. For breaststroke, you can use it to help your swimmers hold their glide. Check out this workout from Coach Parker Ramsdell. Here is another good workout for breaststroke. 3. You can use it as a sort of audible pace clock to help swimmers know when to start and stop an exercise like in this workout. 4. Try this: "The Beat the Beep Set". Set the tempo trainer to beep on the swimmers time for a race pace 25. Then, the goal is to get to the wall before the beep! 5. You can use a Tempo Trainer in dryland — try doing some stretch cord work at race tempos. 6. For swimmers who have difficulty hitting fast tempos (most often distance types, in my experience) it may be helpful to have a Tempo Trainer set to race tempo and listen to it behind the blocks or in the ready room. Here are a few more of our best Tempo Trainer workouts: Breaststroke Magic for Age GroupersBeat It – The Michael Jackson Set E.T.'s Backstroke Set 500 Tempo Trainer Pace Set with Chris Plumb Check out aquagear.com to get a Tempo Trainer and get this awesome tool! Mathieu Leroy Chartres, France //ws-na.amazon- Parker RamsdellYork Swim Club I did this set (SCM) with my breaststrokers yesterday morning and really enjoyed it. The 200s provided a solid aerobic touch to the training, and we've been really struggling with pullout discipline later in races, thus the no touch walls to put some extra pressure on the lungs on those underwaters. The 100s w/ tempo trainer set at 04:00 (25-1 stroke/beep; 50-2 strokes/beep; 25-3 strokes/beep) helped them work body line and glide for the first 75, then pick up the tempo on the last 25 helping prime them for the fast 50s to follow. Total – 3500m Round 1 – 4x each distanceRound 2 – 3x each distanceRound 3 – 2x each distanceRound 4 – 1x each distance Editor's Note: The Swimming Wizard's goal is to publish at least one set, practice, or idea EVERY DAY for all of 2016! To keep it interesting, we need your help! Click here to help us achieve that goal by submitting one of your sets! Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="//platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");//assets.pinterest.com/js/pinit.js(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//popuri.us/assets/js/twitterwidget.js"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'popuri-jssdk')); Ryan WoodruffHead CoachLynchburg YMCA Ryan Woodruff Follow @WoodruffRyan!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="//platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs"); SCY This set is intended to help breaststroke swimmers build and maintain their tempo during a race. We use Finis' Tempo Trainer Pro. 2 rounds:3 x 50 Breast with flutter kick @ 1:004 x 50 Breast, Build the tempo @ :50 100 EZ Back or Free3 x 50 Breast with dolphin kick @ 1:004 x 75 Breast, Build the tempo for the first 50, hold it for the last 25@1:20 100 EZ Back or Free3 x 50 Breast 3 kick-1 pull drill @ 1:004 x 100 Breast, Build the tempo for the first 50, hold it for the last 50 @ :50 100 EZ Back or FreeAll out 200 Breast from dive (2nd round do a 100 instead of a 200) Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="//platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs"); Ryan Woodruff Follow @WoodruffRyan We performed the set below with our sectional-level breaststroke group. There are essentially two parts to the set. The first part (above the dotted line) stresses technique with a LONG stroke and gradually builds to an up-tempo stroke at the end of the 100s. During this first part, "TT" stands for the Finis Tempo Trainer Pro which we use on a regular basis. Using mode 1, we have it set at 4.00, meaning the swimmer initiates a stroke once every 4 seconds. This is usually an uncomfortably long time to glide for our swimmers (a good thing!). We bring the TT down to 3.00 for the 2 x 150 and then to 2.00 on the 100s and have the swimmers shoot for 2 strokes during the 2.00 seconds in the last 10-15 yards of each 100. This combination of technique and tempo sets them up well for the second part of the set. In the second part (below the dotted line), we are essentially challenging our swimmers in two ways on two sets of 6 x 100s. The first set challenges the efficiency of their underwater pullouts and breath-holding ability. The second set of 6 x 100 just challenges their endurance and the integrity of their stroke. The goal is simply to make all of the intervals and maintain stroke technique. 1 x 300 done as 75 br/25 free B5 @:20 rest with TT set @4.00 2 x 150 done as 50 br/25 free B5 @:20 rest with TT set @3.00 3 x 100 50 br with TT@2.00/50 br build to 2 cycles per beep (1 per 1.00) 2 with 2 pullouts descend and not slower than first two 2 with 3 pullouts descend and not slower than first four 200 easy backstroke @4:00 6 x 100 breaststroke swim Ryan Woodruff Follow @WoodruffRyan!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="//platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs"); This was a breaststroke set we did tonight that concluded with some good results. The 400 at the beginning is done with a tempo trainer set at 4.00 seconds, and the swimmers performed one cycle breast each beep (this is long-glide breaststroke!) for a 75 and then swam a 25 easy freestyle four times through. For the 50s, the focus shifts from stroke length to stroke tempo. The first 25 is build, and then the second 25 is "speed drill," essentially a head-up narrow-pull narrow-kick version of breaststroke that gets their tempo and hand speed up. The 3 x 100 s are "fastest possible average" on a big 2:00 interval. We got excellent results with good-looking strokes. Ryan WoodruffFollow @WoodruffRyan This set uses the Tempo Trainer Pro to help our swimmers swim at race pace for 200 yard events. The beauty of using the Tempo Trainers is that the swimmers can focus on tempo, technique, etc. without having to listen for times. They simply listen for the beep and try to keep up with it. We set the Tempo Trainers for a swimmer's average pace for a 25 in a 200 yard race. Use the pace cards to find your race pace. This means that the swimmer will hear a beep at the beginning and end of each lap swum at pace. We call the time between beeps a "segment." Thus for a swimmer whose best 200 time is 2:00, 1 segment equals either a 25 swim performed in :15 seconds or :15 seconds rest. !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="//platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs"); Coach Ryan Woodruff This workout was performed in a 20 yd pool. Ryan Woodruff We did this set the other day with our age-groupers and it worked like magic. One of the most common stroke flaws for younger kids is that they pause with their hands under their chest and don't glide long enough in a near-streamlined position. Try this using the Finis Tempo Trainer Pro. 2 x 150 breaststroke swim (@ :20 rest) with Tempo Trainer on Mode 1 set at 4.00 secondsSwimmers take 1 cycle of breaststroke for each beep. This will be an incredibly long glide for them all. Make sure they spend the time in the glide phase and are using proper timing of the pull and kick. 2 x 100 breaststroke swim (@:20 rest) with Tempo Trainer on Mode 1 set at 2.00 secondsSame instructions, just a faster tempo. 2 x 50 breaststroke swim FAST (@:20 rest), focused on swimming fast but still getting a glide between each stroke. Do not use the tempo trainer here. If they don't glide on the 2 x 50, repeat the 2 x 100 and then do the 2 x 50 again. Here is an interesting chart from FINISinc, detailing stroke tempos of elite athletes. The tempo ranges seem a bit narrow to me, and I question where exactly the data came from. Still, this could be very useful information. Gary GalbreathDayton Raiders Swim Club A Tempo Trainer Set- Try to Beat the Beep We set the Tempo Trainers so it beep at the 1/2 length and at the wall pace!The Goal is to beat the beep to the wall. Forces swimmers to get to the wall.Rest 2 beeps go on the 3rd BEEP on all RoundsThe 25's are set at 100 Pace, The 50's are set at a .25 faster than200 Speed and the 75 .25 slower than 200 Pace. Beat the Beep10 x 25 Tempo Trainer Go on 3Rd Beep FLAT OUT FAST! 2 x 400 Pull @ 6:00 #1 Smooth, #2 Each 100 Faster10 x 50 Tempo Trainer Go on 3rd Beep KEEP THE SPEED!2 x 300 @ 4:30 #1 Smooth, #2 Each 100 Faster10 x 75 Go on 3rd Beep SHOW HOW TOUGH YOU ARE2 x 200 Pull @ 3:00 #1 Smooth, #2 Fast Coach Ryan Woodruff This set was written for backstroke, but it really could be performed any stroke. 300 25 scull/50 drill/25 swim @ :20 rest2 x 50 swim at tempo (Find your tempo with this set)@ :20 rest 300 25 scull/50 drill/25 swim @ :20 rest2 x 75 swim at tempo @ :30 rest 300 25 scull/50 drill/25 swim @ :20 rest2 x 100 50 build up to race tempo/50 at tempo Coach Ryan Woodruff LCM1 x 400 free @ 6:20 25m at tempo/25m ez free 2 x 200 free @ 3:10 35m at tempo/15m ez free 4 x 100 prime stroke @ 2:00#1 – 35m at tempo/65m ez#2 – 50m at tempo/50m ez#3 – 65m at tempo/35m ez#4 – 75m at tempo/25m ez 6 x 50 prime stroke, just fast, no tempo trainers#1 @ 1:20#2 @ 1:10#3 @ 1:00#4,5,6 @ :50 Chris Plumb, Carmel Swim Club LCM4x:4 x 25 @ :40 12.5 spin/12.5 Fast backstroke (KEEP THE TEMPO UP)4 x 50 @ 1:10 Strap onlyRd 1) 1 x 200 Back MODERATE @ 3:00Rd 2) 2 x 200 Back Descend to MODERATE/HARD @ 3:00Rd 3) 3 x 200 Back Descend to HARD @ 3:00Rd 4) 4 x 200 Back Descend to FAST!!! @ 3:001 x 100 easy @ 2:00 Ryan WoodruffHead CoachLynchburg YMCA Today's set utilizes the cycle count and tempo you can find with the Find Your Sweet Spot set. You'll need a Tempo Trainer. This set can be performed any stroke. 1 x 200 build each 50 up to your tempo @ :20 rest1 x 150 25 at tempo, 25 ez swim or drill @ :20 rest1 x 100 25 ez, 50 at tempo, 25 ez @ :20 rest1 x 50 at tempo and cycle count @ :20 rest1 x 300 swim ez at cycle count @ :30 rest Ryan WoodruffHead Coach, Lynchburg YMCA This set uses yesterday's Sweet Spot Test Warmup w/ fins400 smooth swim B34 X 100 build @ :20 rest4 x 50 choice 15m sprint then ez Main set using a Tempo Trainer 3x through: 1 x 50 @ 1:20 in sweet spot range1 x 100 build @:10 rest1 x 100 ez @ :10-:20 rest (leave on next multiple of 10)1 x 50 @ 1:20 in sweet spot range1 x 50 @ 1:10 in sweet spot range1 x 100 JUST GO FAST @ :10 rest1 x 100 ez @ :10-:20 rest (leave on next multiple of 10)1 x 50 @ 1:20 in sweet spot range1 x 50 @ 1:10 in sweet spot range1 x 50 @ 1:00 in sweet spot range1 x 100 JUST GO FAST @ :10 rest1 x 300 25 drill/25 swim On the JUST GO FAST parts, use the Tempo Trainer as a guide, but do not worry if you cannot hold it. Ryan Woodruff, North Carolina Aquatic Clubcoachryan@ncacswim.org Here's another way to use a Tempo Trainer for a distance set. Set your Tempo Trainer for an appropriate tempo for the following aerobic set. This should be significantly slower than your Threshold Tempo. Do as many as you want, and experiment with different tempos to change up the intensity. '?' x 300 freestyle 1st 100 – Swim at tempo2nd 100 – 5 cycles swim at tempo/5 cycles streamline kick (6 beats per cycle) at tempo3rd 100 – Swim at tempo Ryan Woodruff, North Carolina Aquatic Clubcoachryan@ncacswim.org This set can be done backstroke or freestyle, and is meant to challenge the athlete's ability to hold tempo. Use a Tempo Trainer and be sure to establish your Threshold Tempo (TT) first. 5 x 100 @ :20 rest (includes time to adjust your tempo trainer) #1 – Hold TT + .30 for as long as possible, then swim perfect technique for the remainder#2 – Hold TT + .20…#3 – Hold TT + .10…#4 – Hold TT…#5 – Smooth perfect technique (recovery) Perform multiple rounds if desired. After the set, use The Swimming Calculator and your Cycle Count to determine what a reasonable time goal you could achieve if you were able to sustain your tempo longer than you did on the above set. Chris Plumb, Carmel Swim Club #18 – P100 All the Way Set the Tempo Trainer for your 100 pace using this chart. Take as much rest as needed to make the pace. Beat your 100 pace to your feet every time. Other Swimming Wizard Tempo Trainer Posts:Aerobic Tempo SetSub-Threshold Tempo SetThe WhatchamacallitTwenty Ways to Do 20 x 25 #9Find Your Threshold Tempo Chris Plumb, Carmel Swim ClubSet the tempo trainer to half of the desired 25 pace time. 5x500400 easy swim Rd 1) 500 is 20×25 set tempo trainer to 500 pace on 1 beep restRd 2) 500 is 10×50 tempo trainer to race pace on 3 beeps restRd 3) 500 is 5×100 1 on 1:30 1 on 1:20 1 on 1:15 1 on 1:10 1 on 1:05Rd 4) same as Rd 2Rd 5) same as rd 1 Other Swimming Wizard Tempo Trainer Posts:Aerobic Tempo SetSub-Threshold Tempo SetThe WhatchamacallitTwenty Ways to Do 20 x 25 #9Find Your Threshold Tempo This blog has always been and will continue to be a FREE resource for the global coaching community. As for many coaches, the COVID-19 has had a significant negative financial impact for my family. If the Swimming Wizard has provided value to you and you have the means, donations are gratefully accepted via PayPal and Venmo. free e-newsletter Subscribe here See archives here Archives Select Month July 2021 (6) June 2021 (3) May 2021 (1) April 2021 (6) March 2021 (5) February 2021 (4) January 2021 (6) December 2020 (11) November 2020 (6) October 2020 (8) September 2020 (6) August 2020 (9) July 2020 (12) June 2020 (7) May 2020 (4) April 2020 (17) March 2020 (25) February 2020 (25) January 2020 (25) December 2019 (29) November 2019 (23) October 2019 (29) September 2019 (26) August 2019 (17) July 2019 (23) June 2019 (24) May 2019 (29) April 2019 (27) March 2019 (30) February 2019 (25) January 2019 (28) December 2018 (32) November 2018 (30) October 2018 (31) September 2018 (27) August 2018 (30) July 2018 (26) June 2018 (25) May 2018 (28) April 2018 (30) March 2018 (31) February 2018 (30) January 2018 (31) December 2017 (34) November 2017 (27) October 2017 (26) September 2017 (21) August 2017 (21) July 2017 (26) June 2017 (26) May 2017 (35) April 2017 (30) March 2017 (31) February 2017 (28) January 2017 (32) December 2016 (35) November 2016 (32) October 2016 (31) September 2016 (31) August 2016 (30) July 2016 (30) June 2016 (31) May 2016 (34) April 2016 (33) March 2016 (33) February 2016 (35) January 2016 (34) December 2015 (17) November 2015 (37) October 2015 (34) September 2015 (2) August 2015 (1) July 2015 (9) June 2015 (9) May 2015 (21) April 2015 (1) March 2015 (3) February 2015 (1) January 2015 (8) December 2014 (3) November 2014 (11) October 2014 (2) September 2014 (5) August 2014 (5) July 2014 (4) June 2014 (12) May 2014 (1) April 2014 (2) March 2014 (3) February 2014 (11) January 2014 (12) December 2013 (1) October 2013 (2) September 2013 (1) August 2013 (3) July 2013 (1) June 2013 (3) May 2013 (3) March 2013 (1) February 2013 (6) January 2013 (16) December 2012 (13) November 2012 (14) October 2012 (9) September 2012 (2) August 2012 (1) July 2012 (4) May 2012 (4) April 2012 (7) March 2012 (2) February 2012 (7) January 2012 (5) December 2011 (7) November 2011 (5) October 2011 (11) May 2011 (3) April 2011 (1) March 2011 (2) January 2011 (3) December 2010 (2) November 2010 (1) October 2010 (3) September 2010 (5) August 2010 (8) July 2010 (23) June 2010 (22) May 2010 (23) April 2010 (21) March 2010 (25) February 2010 (27) January 2010 (31) December 2009 (28) November 2009 (38) October 2009 (13) My TweetsNo Instagram images were found.

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