

## **PACE RACE**

Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout. This is open to swimmers and triathletes of all levels. Every workout, regardless of level, will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Some video (above or underwater) is taken every workout and emailed. Questions to [kgirlread@gmail.com](mailto:kgirlread@gmail.com)

### A- Advanced

Competent/Competitive

Your pace is between 1:20 - 1:50 per 100 yards

You have likely swum with me or another masters team

You can swim at least 500 yards continuously

You have swum Peaks to Portland or similar

You want yardage, interval training, speed work, technique - a mix of everything to prep you for your events

### E- Entry Level

Your pace is between 1:50 - 2:20 per 100 yards

You can swim at least 8 lengths of the pool without stopping

You can swim with your face in the water

You may never have had interval training or technique help before

You want to swim more efficiently or faster or want to enter a race

### B -Beginner

You already basically know how to swim and can make it at least one length

You might not put your face in yet or feel comfortable when you do

Breathing may be a problem

You have never learned proper technique

You know that you can be more efficient

This is not an Adult Learn to Swim Program but one step up from that