

## Focus: Pace 50's for 200s and 400s 3/29-3/30

### Warm up

200 Swim + 200 Kick R:15"  
4 x 50 Odd Back/Even Breast Distance off Walls  
8 x 25 IMO descend 1-4/5-8 R:10" (800)

### Maintain 200 Pace for 50's:

4 x 50 Free @1:00/1:10/1:15  
3 x 50 Free @:55/1:05/1:10  
2 x 50 Free @:50/1:00/1:05  
1 x 50 Free @:45/:55/1:00  
1 x 200 EZ Kick @4:00 (700)

### Maintain 400 Pace for 50's:

2 x 50 Fly @1:00/1:10/1:15  
2 x 50 Back @:55/1:05/1:10  
2 x 50 Breast @:50/1:00/1:05  
2 x 50 Free @:45/:55/1:00  
1 x 200 EZ Choice @4:00  
16 x 25 Odds sprint stroke/Evens ez free @:30/:40  
1 x 200 EZ Choice @4:00 (1200)

**Cool Down: 5:40pm**