

## Focus: Variable Pacing

4/28-29/2021

### Warm Up: (800)

3 x 100 Swim - 2 EZ + 1 Build Pace R:10

4 x 75 Free - 50 Long Dog Paddle + 25 Swim R:10

4 x 50 - *EZ/FAST, FAST/EZ, EZ/FAST, FAST/EZ* R:10

### Variable Pace: (3,000/2,000)

9 x 50 Free R:20

*3 Fast, 2 EZ, 2 Fast, 1 EZ, 1 Fast*

1 x 100 Kick R:30

*Streamline on Back*

20/10 x 100 Free R:20

*multiples of 3/1 = stroke, multiples of 4/2 = kick,*

*multiples of 5/3 = free sprint*

9 x 50 Breast & Fly DPS R:20

### Warm Down: (300)

200 EZ Free R:20

2 x 50 Free R:20

*25 streamline kick on back + 25 Free w/"high hips"*