

## Focus: Distance Swim Training

Friday Yay!

### Warm Up:

200 Swim + 100 Kick + 100 Pull (400)

### Three times through:

1 x 100 with fins R:05"  
(50 pull / 25 kick / 25 swim) (300)

### One time through

2 x 100 Free DPS R:10"  
4 x 25 Back R:05"  
4 x 25 Pull DPS R:10"  
2 x 50 Breaststroke Kick R:05"  
6 x 25 Free DPS R:05"  
2 x 150 Free R:20" (800)

**Five minute continuous swim** - track your distance and progress each long swim.

### Cool Down:

8 x 50 EZ Recovery Swim & Kick R:20" (200)