

## **Focus: Distance - Stretch and Lengthen**

### **Monday & Tuesday**

#### **Warm Up:**

200 Free every 4th 25 Back Kick R:10"  
4 x 50 Kick - 25 Ez/ 25 Fast R:10"  
200 Pull and "Glove Stroke" (600)

#### **Mid Pool Turns: re-group @ 5:15pm**

#### **Distance: lengthen and precise turns**

4 x 50 Free DPS descend @base +:10"  
4 x 200 Free @base +:20"  
4 x 100 Kick - Mix @base +:20"  
2 x 200 Pull R:20"  
every 4th 25 backstroke (2,000)

#### **Cool Down: (5:50pm)** (300)

(fins?, paddles? buoys?)

25 Free B5 + 50 Free B3 + 75 Free B2  
75 Free B3 + 50 Free B5 + 25 Free B3