

## Focus: Kick, Race, EZ

Wednesday

### Warm up

200 Swim + 200 Kick + 200 Pull R:15  
8 x 25 Descend 1-4 Free/5-8 Stroke R:10  
(800)

### Round One: Repeats IMO

100 K-fly *build* + 100 Fly RACE Base Pace +:15  
1 x 100 EZ 2:00  
100 K-back *build* + 100 Back RACE Base Pace +:15  
1 x 100 EZ 2:00  
100 K-breast *build* +100 Breast RACE Base Pace +:15  
1 x 100 EZ 2:00  
100 K-free *build* +100 Free RACE Base Pace +:15  
1 x 100 EZ 2:00  
(1,200)

### Round Two: Repeats

100 Kick *build* + 100 *best stroke* Base Pace +:30  
1 x 50 EZ Choice 1:00  
100 Kick *build* + 100 *back or breast* Base Pace +:30  
1 x 50 EZ Choice 1:00  
100 Kick *build* + 100 IM Base Pace +:30  
(700)

### Cool down

EZ Swim, Scull, Lengthening, Kick, Stretch,