

## **Base: Broken 200's and Steady Pacing**

Wednesday

### **Warm Up:**

200 Swim

200 Kick

200 Pull (600)

2 x (4 x 25) R:10 (200)

1-4 Breast Kick/4-8 Free Fist Swim

### **Broken 200's:**

4 x 50 R:10

25 Fist Swim/25 Swim (200)

4 x 50 R:10

75 Free/25 Best Non-Free Fast (200)

2 x 100 Odd Kick/Even Pull R:15 (200)

2 x 200 BEST EFFORT each repeat (400)

1 x 200 EZ Choice (200)

### **Re-group at 5:45pm within lane pods**

1 x 10 minute swim — track your distance