

**Base: Maintain Consistent Pace**

**Wednesday**

**Warm Up: Streamline off walls**

200 EZ Free + 200 Kick + 200 Non-Free (600)

**Drills:** re-group within lane pods & give each other feedback

8 x 25 Mid-Pool: Open Turns, Streamline off wall

**Consistent Pacing:**

**1x thru:** Moderate Pace Swim R: 15"

2 x 75 Swim 25 Breast/25 Free/25 Back

2 x 75 Swim 25 Back/25 Free/25 Breast (300)

**2x thru:** Best Effort Pace R: 20"

2 x 100 - R#1 Free, R#2 Back (400)

**Pyramid Pull:** R: 10"

50/75/100/75/50 (350)

**5:40pm** - Lane pods regroup

15 Minute Swim - track your distance