

## Focus: Mile Set

Monday

### Warm Up:

300 Swim Mix + 300 Kick Mix

8 x 25 Swim Mix: Odd Fist Swim/Even DPS (800)

### 4x thru Kick-Sprint-EZ:

30" FAST Vertical or Kickboard Kick

+ 25 Sprint Swim + 100 Ez Swim (600)

### 1x thru: Broken 1650! -Two rest options (pick one):

**One:** Watch start and end time: R:05, subtract :50 from final time,

**Two:** Watch start and end time: R:10, subtract 1:40 from final time

275 (11x25),

250 (10x25),

225 (9x25),

200 (8x25),

175 (7x25),

150 (6x25),

125 (5x25),

100 (4x25),

75 (3x25),

50 (2x25),

25 (1x25) (1650)

**Bonus:** 5-10 minute Continuous Lane Pod Relay

(50's kick/pull/non-free choice) track total distance