

## Focus: Distance

## Monday & Tuesday

### Warm up:

200 Swim

4 x 75 - 25's (Back/Breast/Free)

8x (30" vertical kick + Odd 25 Fly/Even 25 Free)  
(700)

### Drill:

4 x 50 Free - w/fins

25's - Side Kick "1 goggle in, 1 goggle out"

25's - Free Rhythm Drill - "single arm pull"  
(200)

### Distance:

3 x 250 descend 1-3 @base +20"  
1 x 250 Broken - Choice R:10"  
(100 + 50 + 50)  
1 x 400 Pull (B3) (1400)

3 x 100 descend 1-3 @base +10"  
4 x (25 Back/25 Breast/25 Free) R:05"  
1 x 200 Pull (B3) (800)

### Cool Down:

3 x 100 Choice