

# Focus: Middle Distance - Hold Pace

Monday & Tuesday

## Warm up (No Board or Pull Buoy)

200 Swim

3 x 200 (50 Kick + 50 Swim B3 + 100 RIMO) (800)

## Hold Pace:

4 x 75 Build & Descend R:20"

1 x 200 hold pace @base +:30"

3 x 100 Build & Descend R:20"

1 x 300 hold pace @base +:30"

3 x 150 Pull R:20"

1 x 400 hold pace @base +:30"

1 x 150 Ez choice R:60"

3 x 100 hold pace @base +:20"

Rest 2:00

8 x 25 @35"/45"

Odds Build Stroke/Evens 20 yard sprint (2400)

## Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns