

# Focus: Middle Distance - Increase Pacing

Wednesday and Thursday

## Warm up

200 Swim

4 x 50 (25 finger-tip drag + 25 SLOB Kick)

4 x 75 (50 build + 25 SLOB Kick)

2 x 50 (50 Catch up + 50 Build)

2 x 50 (50 Fist Swim + 50 Build) (900)

## Hold Pace and Increase Pacing:

3 x 100 @ Pace R:20"

1 x 200 @ Pace R:20"/30"

3 x 200 @ Pace -:02 R:20"

1 x 200 @ Pace R:20"/30"

3 x 100 @ Pace R:30"/20"

1 x 400 (first 200 @ Pace, second 200 @ Pace -:02  
- Rest 1:00) (2000)

1 x 200 Pull R:20"

5 x 50 Swim w/Paddles R:20" (450)

## Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns