

Base: Mid-Distance Even Pacing

Monday & Tuesday

Warm up:

200 Swim Choice

2 x 50 - 25's (Odd Back Kick/25 Breast Kick)

200 Swim Choice

2x (25 SLOB Kick + Odd 25 Fly/Even 25 Free) (600)

2x thru: Mid-Distance Swim

R:15

1 x 75 Free

1 x 75 Non-Free Choice

1 x (25 Back + 25 Breast + 25 Free)

1 x 75 SLOB Kick (600)

- 2:00 bonus rest -

1x thru: Swim Choice

1 x 100 R:20"

1 x 150 R:30"

1 x 200 R:60" (450)

Cool Down:

3 x (50 Free + 50 Back) - Swim, kick, pull choice