

Base: Mid-Distance Build Pace

Tuesday & Wednesday

Warm up:

2 x 150 (100 Swim + 50 SLOB Kick)

2 x 150 (100 Swim + 50 Rhythm Drill)

2 x 150 (100 Non-Free + 50 Free Build) (900)

Build on each Individual Rep

2 x 75 Free Build RI:20"

1 x 100 Time RI:60"

2 x 100 Kick Build RI:20"

1 x 100 Fast - Time RI:60"

2 x 150 Pull RI:20"

1 x 100 Fast Choice RI:60"

1 x 100 EZ (1050)

- 2:00 Rest -

2 x 200 Non-stop

2x (50 Free Mod Pace + 50 Build Non-Free)

Cool Down: 2 x (50 Free + 50 Back) - Swim, kick,
pull choice