

Focus: Mid-Distance Build to 90%

Tuesday & Wednesday

Warm up:

3 x 150 (100 Swim + 50 SLOB Kick)

3 x 150 (100 Swim + 50 Rhythm Drill)

3 x 150 (100 Non-Free + 50 Free Build) (1350)

90% Build on each Individual Rep

4 x 75 Free Build to 90% @base +20"

1 x 100 Fast Choice RI:60"

4 x 100 Kick Build to 90% RI:20"

1 x 100 Fast Choice RI:60"

2 x 150 Pull Build to 90% @base +20"

1 x 100 Fast Choice RI:60"

1 x 100 EZ (1400)

- 2:00 Rest -

1 x 600

4x (100 Free Mod Pace + 50 Build Non-Free)

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