

## **Base: Mid-Distance - decrease DPS Wednesday**

### **Warm up:**

200 Swim

3 x 100 (50 Stroke Drill + 2 x 50 Pull B4) (500)

### **Steady and descend DPS:**

3 x 100 Descend DPS 1-3 @base +30"

1 x 100 Ez

(60 minute swim start here >>>)

2 x 100 Descend DPS 1-2 @base +30"

1 x 100 Ez

1 x 100 Pace - hold lowest DPS

1 x 100 Ez

4 x 100 Pace @base +15"

1 x 100 Ez (1400)

### **Building Speed:**

9 x 50 @ 1:00

4x/3x (50 Build + 50 Fast + 50 Ez) (450)

### **Cool Down:**

200 Stroke Choice