

## Focus: Distance Best Average

Wednesday

### Warm up:

200 Swim Choice

200 Kick

200 Swim Choice

200 Pull (800)

### Build:

9 x 50 - build every 3rd 50 RI:10" (450)

### Best Average:

20 x 100 @base +:30"

1-9 Every 3rd Best Average

10-17 Every other 100 Best Average

18-20 All Best Average (2000)

### Bonus:

1 x 200 Ez

4 x 150 Pull Descend 1-4 (800)

### Cool Down:

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