

## Base: Distance

Monday & Friday

### Warm up:

200 Swim

4 x 75 - 25's (Back/Breast/Free)

4x (25 SLOB Kick + Odd 25 EzFly/Even 25 Free) (700)

### Drill:

4 x 50 Free - w/fins

Odd 50's - Free 'Paddle' or Fist Drill

Even 50's - Triple Switch (6 Kick + 3 Strokes) (200)

### Distance:

3 x 150 Steady Pace R:20"

1 x 250 Broken - Non-Free R:10"

(75 + 50 + 75 + 50)

3 x 100 Pull (B3) (1000)

1 x 200 Moderate Kick Choice (200)

Cool Down: 3 x 100 Choice