

Base: Middle Distance - Builds

Monday & Friday

Warm up

2 x 150 (100 Swim + 50 Kick)

2 x 150 (100 Swim + 50 Catch-Up Swim lower DPS)

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

Builds

4 x 50 build R:20"

1 x 100 Fast R:60"

2 x 75 Kick build R:20"

1 x 100 Fast R:60"

2 x 75 Pull build R:20"

1 x 100 Fast R:60"

1 x 100 Ez

- Rest 2:00 (900)

1x thru:

2x (100 Free Mod Pace + 50 Build Stroke) (300)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns