

## Focus: Distance

Monday

### Warm up:

200 Swim

8x (30" vertical kick + Odd 25 Fly/Even 25 Free)  
(600)

### Drill:

4 x 50 Free - w/fins

25's - Triple Switch + "1 goggle in, 1 goggle out"

25's - Free Rhythm Drill - "single arm pull" (200)

### Distance:

3 x 250 descend 1-3 @base +20"

1 x 250 Broken - Choice R:10"

(100 + 50 + 50 + 50)

1 x 400 Pull (B3) (1400)

- 2:00 Bonus Rest -

3 x 150 descend 1-3 @base +10"

4 x (25 Back/25 Breast/25 Free) R:05"

1 x 300 Pull (B3) (1050)

### Cool Down:

3 x 100 Choice