

## Focus: Distance Training

Friday

### Warm Up:

- 3 x (75 Ez Swim/25 Fingertip drag) R:10"
- 4 x 75 Free and Back DPS R:10"
- 8 x (30" Vertical Kick + 25 Fast Swim IMO) (800)

### Backstroke Drills:

- 1 x 150: 25 Double Arm/25 6 kick:3 stroke
- 2 x 50 Back DPS
- 1 x 150: 25 "Okay"/25 Hesitation Tap
- 2 x 50 Back DPS (500)
- Timed: 1 x 100 Backstroke, 1 x 100 Free (200)**

### Main: (2,000)

- 5 x 100 Free Cruise Pace base @+10"
- 1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
- 4 x 100 Free Build base @+10"
- 1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
- 3 x 100 Free Descend base @+10"
- 1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"
- 2 x 100 Free Fast base @+10"
- 1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"

**Regroup Last 10 minutes for Timed Swim**

- Timed: 1 x 100 Free, 1 x 100 Backstroke (200)**