

Focus: Middle Distance - 90% Builds

Monday

Warm up

3 x 150 (100 Swim + 50 Kick)

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

3 x 150 (100 Non-Free + 50 Free Build) (1350)

Build to 90%

4 x 75 build to 90% R:20"

1 x 100 Fast R:60"

4 x 100 Kick build to 90% R:20"

1 x 100 Fast R:60"

2 x 150 Pull build to 90% R:20"

1 x 100 Fast R:60"

1 x 100 Ez

- Rest 2:00 (1400)

2x or 1x thru:

2x (100 Free Mod Pace + 50 Build Stroke) (600)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns