

## Focus: Distance Kick & Pull

Friday

### Warm up:

300 Swim Choice

100 (50 Fist Swim + 50 Catch Up DPS)

200 Swim Choice

100 (50 Fist Swim + 50 Catch Up DPS)

100 Swim

100 (50 Fist Swim + 50 Catch Up DPS) (900)

### Kick & Pull

3 x 100 (50 Kick + 50 Swim) @base +15"

2 x 100 Negative Split @base +15"

1 x 200 Pull Descend by 50's R:20"

1 x 400 (150 Steady + 50 Fast)

1 x 200 Kick (50 Kick + 50 Swim) (1300)

### 1x thru:

1 x 200 Ez Choice

12 x 50's Odds Ez + Evens Fast (800)

### Cool Down:

2 x (50 Free + 50 Back) – Swim, kick, pull choice