

# Base: Distance & Negative Splits

Wednesday

## Warm up:

200 Free Swim

100 Kick Choice

100 Pull Choice

100 Back Swim

(500)

## Negative Split Longer Swims by 10 seconds:

2 x 150 Odd Free/Even Free

RI:15"

2 x 200 Negative Split

RI:20"

2 x 150 Odd Free/Even Free

RI:15"

1 x 200 Negative Split

(1200)

1:00 minute rest

2 x 100 Pull

2 x 100 Moderate Kick Choice

(400)

Cool Down: 3 x 100 Choice