

Focus: Middle Distance- 90% Builds

Monday

Warm up

3 x 150 (100 Swim + 50 Kick)	R:20"	
3 x 150 (100 Swim + 50 finger-tip drag)	R:20"	
3 x 150 (100 Non-Free + 50 Free Build)	R:20"	(1350)

Hold Pace:

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		(1400)

Bonus Rest - 2:00

2x thru:

2 x 100 Free Moderate Pace + 50 Non-Free Build	(600)
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Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns