

# Focus: Middle Distance Free - Pull Sets

## Monday

**Warm up** (900)

300 Swim

300 Kick

300 IM Drill

3 x 50 25's Breast (1 pull + 2 kick) + 25's Free

3 x 50 25's Fly (R/L/Double no breathe) + 25's Free

### **2x thru:**

2 x 150 Free or Back @ 85% R:15"  
1 x 150 Pull R:15" (900)

1 x 100 Kick Ez (100)

### **2x thru:**

2 x 150 Pull @ 85% R:15"  
1 x 150 Swim Choice R:30" (900)

### **1x thru:** Drill + Swim

8 x 50 (Odd 50's Back & Even 50's Breast)

Back: 25's Hesitation or Tap Drill + 25's DPS <20

Breast: 25's 2 Fly/3 Breast + 25's DPS <10 (400)

### **Cool down:**

2 x 100 EZ Recovery/Sculling/Perfect Turns