

Focus: Middle Distance - Hold Pace

Friday

Warm up

300 Swim (Odd 50's > 25 finger-tip drag + 25 fist swim)

4 x 75 IMO (50 Drill Choice + 25 Kick)

300 Kick Choice (900)

2x thru: Hold Pace

R:15"

1 x 75 Free

1 x 75 Non-Free

1 x 75 (25 Back + 25 Breast + 25 Free)

1 x 75 Kick - no board (600)

2x thru: Hold Pace and do not slow down

1 x 100 Swim Choice R:20"

1 x 200 Swim Choice R:30"

1 x 300 Swim Choice R:60" (1200)

Re-Group ~Last 15-12 minutes

Fast Pace: @:40"

4x (25 Build + 25 Sprint + 25 Sprint + 25 B4 + 25 Ez)

(500)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns