

Base: Middle Distance - Attack 25's

Wednesday

Warm up

200 Swim Choice

4 x 50 (25 relaxed recover w/finger tip drag/25 DPS)

4 x 50 Pull B3 (600)

Moderate Pace:

2 x 100 Mod Pace R:20"

2 x 100 Pace -0:02" R:20"

1 x 200 Mod Pace R:30"

1 x 200 Pace -0:02" R:30" (800)

(90 minute workout)

1 x 300 Mod Pace R:45"

1 x 300 Pace -0:02" R:60" (600)

3x thru:

@:35"/40"

25 Build

25 Sprint

25 Sprint

25 Ez

(300)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns