

Focus: Middle Distance Training

Wednesday and Thursday

Warm up

200 Swim

4 x 50 (25 finger-tip drag + 25 SLOB Kick)

2 x 50 (50 Catch up + 50 DPS)

2 x 50 (50 Fist Swim + 50 DPS) (600)

Hold Pace:

2 x 100 Swim R:20"

1 x 200 Pull R:30"

2 x 200 Swim R:30"

1 x 200 Kick R:30"

2 x 100 Swim R:20"

- Rest 1:00 (1200)

4 x 50 Kick (25 Ez + 25 Fast) R:20"

1 x 100 Pull R:20" (300)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns