

## **Base: Middle Distance - 70%-80% Efforts**

### **Warm up**

200 Free Swim

2 x 100 (50 Kick + 50 finger-tip drag) R:10"

200 > 2x (50 Back/50 Breast Swim)

2 x 100 > 2x (50 Fist Swim + 50 Swim) R:10" (800)

### **Build Efforts:**

2 x 100 70-75% R:15"

1 x 150 70-75-80% by 50's R:15"

2 x 100 75-80% R:15"

1 x 150 70-75-80% by 50's R:15"

2 x 100 80-85% R:15"

1 x 150 70-75-80% by 50's R:15"

1 x 150 Ez R:60"

1 x 100 Fast N/S (1300)

### **Cool down:**

2 x 100 EZ Recovery/Sculling/Perfect Turns