

Focus: Middle Distance- 70%-80% Efforts

Warm up

300 Free Swim

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

300 > 3x (50 Back/50 Breast Swim)

3 x 100 > 3x (50 Fist Swim + 50 Swim) R:10" (1200)

Build Efforts:

3 x 100 70-75% R:15"

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

3 x 100 75-80% R:15"

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

3 x 100 80-85% R:15"

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

3 x 100 85-90% R:15"

1 x 150 Ez R:60"

1 x 200 Fast N/S (2000)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns