

# Focus: Middle Distance - Increase Pacing

Wednesday and Thursday

## Warm up

200 Swim

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

2 x 50 (50 Catch up + 50 Build)

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

## Hold Pace and Increase Pacing:

3 x 100 @ Pace R:20"

1 x 200 @ Pull R:20"

3 x 200 @ Pace -:02 R:30"

1 x 200 @ Swim w/Paddles R:20"

3 x 100 @ Pace R:20"

1 x 400 (first 200 @ Pace, second 200 @ Pace -:02)

- Rest 1:00 (2000)

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

1 x 200 Pull R:20" (400)

## Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns