

Base: Middle Distance - Hold Pace

Monday & Tuesday

Warm up

200 Swim

3 x 150 (50 Kick + 50 Swim B3 + 50 Non-Free) (650)

Hold Pace:

4 x 75 Descend DPS R:20"

1 x 100 hold pace R:30"

3 x 100 Descend DPS R:20"

1 x 200 hold pace R:30"

2 x 100 Pull R:20"

4 x 50 Ez choice R:20"

3 x 100 hold pace R:20"

4 x 25 @45"

Odds Build Stroke/Evens Sprint (1700)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns