

# FOCUS: BREAKING UP DISTANCES

## FRIDAY

**Warm Up:** (700)

300 Swim Choice

200 Pull

200 Kick Choice

**3x thru:** (300)

1 x 50 3 strokes fly/3 strokes breast R:10"

2 x 25 Sprint Swims Odd Fly/Even Breast R:15"

**1x thru:** (900/600)

3 x 300/200: Broken Swim R:20"

(1st 100/50 build + 25's fast + 3rd 100/50 cruise)

100/50 free + 4 x 25 fly + 100/50 free

100/50 free+ 4 x 25 back + 100/50 free

100/50 free+ 4 x 25 breast 100/50 free

4 x 50 Kick Choice R:10" (200)

4 x 75: Broken Swim R:10" (300)

outside lengths fast, middle length EZ

#1 fly/free/fly, #2 back/free/back

#3 breast/free/breast, #4 all free

3 x 100 Pull: Bilateral Breathe R:20" (300)