

## **Base: Middle Distance - 100's & 300's**

**Wednesday & Thursday**

### **Warm up**

200 Swim Choice

200 (50 Kick/50 Drill/50 Kick/50 Drill)

200 (50 Drill/50 Swim/50 Drill/50 Swim) (600)

### **DPS and Builds:**

1 x 150 (50 Kick/50 Drill/50 DPS) R:20"

1 x 200 (50 Kick/50 Drill/100 DPS) R:20" (350)

### **1x thru: Descend 100's to pace, hold pace on 300**

3 x 100 Descend R:15"

1 x 300 @ Pace R:15"

1 x 150 (50 Swim/50 Kick/50 Swim) R:15"

1 x 150 (50 Kick/50 Swim/50 Kick) R:30" (900)

**8 x 25** Odd 25 Drill/Even 25 Fast (200)

### **Cool Down: 2 x 100 EZ Recovery/Perfect Turns**

### **Drill Options:**

One goggle in/One goggle out, Rhythm drill, Single Arm, Top Hat  
DPS - decrease each length by 1

Fist or Fulcrum Paddle or Paddle on forearm

Finish power phase at hip, Relaxed recovery phase