

Focus: Mid-Distance Best Efforts

Monday & Tuesday

Warm Up:

300/200 Free

4/2 x 150 Choice (50 Kick + 50 Drill + 50 Swim)

300/200 Kick (1200/700)

4x/2x thru: Best Efforts - Stroke Choice:

1 x 100 Moderate Pace @base +20"

1 x 100 N/S @base +30"

1 x 100 Moderate Pace @base +20"

1 x 100 FAST @base +30 (1600/800)

Bonus:

3/2 x 150 Descend by 50's RI:15" (450/300)

Cool Down:

2 x 50 SLOB Kick R:20

100 Non-Free EZ R:20