

Focus: Building Distance

Wednesday & Thursday

Warm Up

300/200 Swim - 200 Kick - 300/200 Pull (800/600)

Distance:

8 x 50 @ base -:05 or R:05

Hold your heart rate, don't race this.

Consistent Effort, Snorkel optional (400)

2 x 200/100 Pull R:10 (400/200)

4 x 100 Best Effort @base +30"

Odds: IM or Non-Free Best Effort

Even: Free Recovery (400)

2 x 100 Pull R:05" (200)

1 x 400/300

Every fourth 25 Non-Free SPRINT (400/300)

2 x 200/100

Every fourth 25 Non-Free SPRINT (400/200)

Cool Down:

200 Ez Choice