

## Focus: Distance

Monday & Tuesday

### Warm up:

200 Swim

4 x 75 - 25's (Back/Breast/Free)

4x (30" vertical kick + Odd 25 Fly/Even 25 Free)  
(700)

### Drill:

4 x 50 Free - w/fins

25's - Side Kick "1 goggle in, 1 goggle out"

25's - Free Rhythm Drill - "single arm pull"  
(200)

### Distance:

3 x 250/150 descend 1-3 @base +20"

1 x 250/150 Broken Fast R:10"  
(100 + 50 + 50)

1 x 400/200 Pull (B3) (1400/800)

3 x 100 descend 1-3 @base +10"

4 x (25 Back/25 Breast/25 Free) R:05"

1 x 300/200 Pull (B3) (900)

### Cool Down:

3 x 100 Choice