

## Focus: Middle Distance - Hold Pace

### Monday & Tuesday

#### Warm up

200 Swim

3 x 200 (50 Kick + 50 Swim B3 + 100 RIMO) (800)

#### Hold Pace: Stroke Choice

4 x 75 Build & Descend	R:20"	
1 x 200 hold pace	@base +:30"	
3 x 100 Build & Descend	R:20"	
1 x 300 hold pace	@base +:30"	
3 x 150 Pull	R:20"	
1 x 400 hold pace	@base +:30"	
1 x 150 Ez choice	R:60"	
3 x 100 hold pace	@base +:20"	(2200)

Rest 2:00

8 x 25 @35"/45"  
Odds Build Stroke/Evens 20 yard sprint (200)

#### Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns