

Focus: Middle Distance - Increase Pacing

Monday and Tuesday

Warm up

200 Swim

4 x 75 (50 finger-tip drag + 25 SLOB Kick) (500)

DPS

1 x 200 Pull R:20"

4 x 50 Swim w/Paddles R:20" (400)

Hold Pace and Increase Pacing:

3 x 100 @ Pace R:20"

1 x 200 @ Pace R:20"/30"

3 x 200 @ Pace -:02 R:20"

1 x 200 @ Pace R:20"/30"

3 x 100 @ Pace R:30"/20" (1600)

-Rest 30"-

2 x 50 (50 Catch up + 50 Build)

2 x 50 (50 Fist Swim + 50 Build) (400)

-Rest 30"-

1 x 400 (first 200 @ Pace, second 200 @ Pace -:02 (400)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns