

Focus: Mid-Distance Even Pacing

Monday & Tuesday

Warm up: (No board kick)

300/200 Swim Choice

4 x 50 - 25's (Odd Side Kick/25 Breast Kick)

300/200 Swim Choice

4x (25 SLOB Kick + Odd 25 Fly/Even 25 Free)

(1000/800)

2x thru: Mid-Distance Swim

R:15

1 x 75 Fast Free

1 x 75 Non-Free Choice

1 x (25 Back + 25 Breast + 25 Free)

1 x 75 SLOB Kick

(600)

- 1:00 bonus rest -

2x thru: Swim Choice

1 x 100 @base +:10"

1 x 200 @base +:20"

1 x 300 @base +:30"

(1200)

Cool Down:

3 x (50 Free + 50 Back) - Swim, kick, pull choice