

## Focus: Distance

Monday & Thursday

### Warm up:

200 Swim

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

4x (25 SLOB Kick + Odd 25 EzFly/Even 25 Free) (700)

### Drill:

4 x 50 Free - w/fins

Odd 50's - Free 'Paddle' or Fist Drill

Even 50's - Triple Switch (6 Kick + 3 Strokes) (200)

### Distance:

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

1 x 250 Broken - Middle Non-Free R:10"  
(75 + 75 + 50 + 50)

2 x 200 Pull (B3) (1400)

1 x 200 Moderate Kick Choice

1 x 300 Broken - 25's Non-Free R:10"  
(75 + 50 + 25 + 75 + 50 + 25)

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

1 x 200 Pull (B3) (1000)

Cool Down: 3 x 100 Choice