

## Focus: Middle Distance - Hold Pace

### Monday & Tuesday

#### Warm up

200 Swim Choice

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

4 x 75 IMO (50 Drill + 25 Hand Lead Kick) (800)

#### Hold Pace:

3 x 100 hold pace R:20"

1 x 200 hold pace @base +:20"

3 x 200 pace -:02 @base +:30"

1 x 200 hold pace @base +:20"

3 x 100 hold pace R:20"

1 x 400/200

1st half hold pace, 2nd half pace -:02" (2000/1800)

#### Bonus Set:

1 x 200 Pull R:20"

5 x 50 Swim w/paddles or Kick choice (450)

#### Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns