

Focus: Middle Distance - 90% Builds

Monday & Thursday

Warm up

3/2 x 150 (100 Swim + 50 Kick)

3/2 x 150 (100 Swim + 50 Catch-Up DPS) (900/600)

Drill: Backstroke

3x 50 (25 6 Kick/Triple Switch - 25 Swim DPS)

3x 50 (25 "touchdown" - 25 Swim DPS) (300)

Build to 90%

4 x 75 Kick build to 90% R:20"

1 x 100 Fast R:60"

4 x 100 Swim build to 90% R:20"

1 x 100 Fast R:60"

2 x 150 Pull build to 90% R:20"

1 x 100 Fast R:60"

1 x 100 Ez (1400)

- Re-group -

2x or 1x thru: max underwaters

2x (75 Free Mod Pace + 75 Back Build) (600/300)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns