

# Focus: Stroke - Moderate Pace

Wednesday

## Warm up:

200 Free Swim + 200 Kick + 200 Pull (600)

200 \*IM Drill + 100 IM Kick + 100 \*IM Drill + 200 IM  
\*IM Drill (LA 3Fr/4Bk, SA 3Br/2Fly) or Single Arm (600)

## Non-Free Swims Maintain Moderate Pace:

(1550 option start at top, 1000 option start middle set)

3 x 100 Non-Free R:15"

1 x 150 Free R:15"

1 x 100 IM FAST R:30"

2 x 100 Non-Free R:15"

1 x 150 Free R:15"

1 x 100 IM FAST R:30"

3 x 100 Non Free R:15"

1 x 150 Free R: 15"

1 x 100 IM Fast (1550/1000)

## Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns/Kick