

# Focus: Middle Distance- Builds

Monday & Tuesday

## Warm up

3 x 150 (100 Swim + 50 Kick)	R:20"
3 x 100 (25 Swim + 50 finger-tip drag)	R:20"
3 x 50 (25 "Rhythm" + 25 DPS)	R:20" (900)

## Hold Pace:

4 x 75 Non-Free Build > Fast	R:20"
2/1 x 100 Fast	R:60"
4 x 100 Kick Build > Fast	R:20"
2/1 x 100 Faster	R:60"
2 x 150 Pull Build > Fast	R:20"
2/1 x 100 Fastest	R:60"
1 x 200/100 Ez CHOICE	(1800/1400)

- Re-Group -

## 2x thru:

2 x (100 Free Moderate Pace + 50 Non-Free Build) (600)

## Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns