

## Focus: Middle Distance - Hold Pace

### Tuesday & Friday

#### Warm up (15-20 minutes)

200 Swim (Odd 50's > 25 finger-tip drag + 25 fist swim)

4 x 75 Middle-IMO (50 Drill\* Choice + 25 \*\*Kick)

\*Back Drill: Dble Arm Back, "OK", \*\*6 Kick/3 Stroke

\*Breast Drill: Scull w/buoy, 1P/2K, \*\*hand lead

200 Pull (700)

#### 2x thru: Hold Pace

R:15"

1 x 75 Free

1 x 75 Non-Free

1 x 75 (25 Back + 25 Breast + 25 Free)

1 x 75 Hand Lead or Side Kick (600)

#### 2x or 1x thru: Hold Pace and do not slow down

1 x 100 Swim Choice R:20"

1 x 200 Swim Choice R:30"

1 x 300 Swim Choice R:60" (1200/600)

Re-Group ~Last 15-12 minutes

#### Fast Pace:

@:30"/40"

4x (25 Fast + 25 Faster + 25 Sprint + 25 B5 + 25 Ez)

(500)

#### Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns