

# Focus: Middle Distance - Hold Pace

Monday & Thursday

## Warm up

200 Swim

2 x 200 (50 Kick + 50 Swim B3 + 100 RIMO) (600)

## Hold Pace:

4 x 75 Build R:20"

1 x 200 Kicking R:20"

3 x 100 Build R:20"

1 x 300 hold pace @base +:30"

2 x 150 Pull (B3/B5) R:20" (1400)

1 x 300 hold pace @base +:30"

1 x 200 Ez Kick R:30"

3 x 100 hold pace @base +:20" (800)

## **ReGroup Last 10 minutes**

8 x 25 @35"/45"

Odds Build Stroke/Evens Sprint (200)

## Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns