

## Focus: Distance Kick & Pull

### Wednesday & Thursday

#### Warm up:

300 Swim Choice

100 (50 Fist Swim + 50 Catch Up DPS)

200 Swim Choice

100 (50 Fist Swim + 50 Catch Up DPS)

100 Swim

100 (50 Fist Swim + 50 Catch Up DPS) (900/500)

#### Kick & Pull

3/2 x 100 (50 Kick + 50 Swim) @base +15"

2 x 100 Negative Split @base +15"

1 x 200 Pull Descend by 50's R:20"

1 x 400/200 (150 Steady + 50 Fast) R:30"

1 x 200 (50 Kick + 50 Swim) (1300/1000)

#### 2x or 1x thru:

1 x 100 Ez Choice

4 x 50's Fast Odds IMO + Evens Free (600/300)

#### Cool Down:

2 x (50 Free + 50 Back) – Swim, kick, pull choice