

Focus: Middle Distance - Hold Pace

Monday & Thursday

Warm up

300 Swim Choice

4 x 50 (25 finger-tip drag + 25 SLOB Kick)

4 x 75 IMO or NonFree (50 Drill + 25 Kick) (800)

Kick: (re-group lanes)

6 x 25 Fast R:30"

Hold Pace:

3 x 100 hold pace R:20"

1 x 300/200 hold pace @base +:20"

3 x 100 pace -:02 @base +:30"

1 x 300/200 hold pace @base +:20"

3 x 100 hold pace R:20"

1 x 400 1st 200 hold pace, 2nd 200 pace -:02"
- 1 minute bonus rest - (1900/1200)

1 x 200 Pull R:20"

4 x 50 Swim w/paddles or Kick choice (400)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns