

## Focus: Mid-Distance Best Efforts

### Monday & Thursday

#### Warm Up:

300/200 Free

4/2 x 150 (50 SLOB Kick + 50 Drill + 50 Swim)

6/4 x 50 Odd 25 Fast/Even 25 Ez (1200/700)

#### 4x/2x thru: Best Efforts -

#### R1 & R3 Free, R2 & R4 Non-Free:

1 x 100 Moderate Pace @base +20"

1 x 100 N/S @base +30"

1 x 100 Moderate Pace @base +20"

1 x 100 FAST @base +30 (1600/800)

#### Bonus:

3/2x (25 Free/50 Non-Free/25 Free) R:15" (450/300)

#### Cool Down:

2 x 50 SLOB Kick R:20

100 Non-Free EZ R:20