

## Focus: Distance Training

Monday & Tuesday

### Warm Up:

3 x (75 Build/25 SLOB Kick) R:10"  
4 x 75 Free Kick/Breast Kick R:10"  
8 x 25 25 Fast Swim IMO/25 Ez Free (800)

### **Timed:**

**1 x 100 Backstroke & 1 x 100 Free (200)**

### Main:

5 x 100 Free Cruise Pace base @+10"  
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"  
  
4 x 100 Free Build base @+10"  
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"  
  
3 x 100 Free Descend base @+10"  
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"  
  
2 x 100 Free Fast base @+10"  
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"  
(2,000)

**Timed: 1 x 100 Free, 1 x 100 Backstroke**

Cool Down: 200 finger tip drag