

**Focus: Distance Training - April Goal: Timed 1K
(1000 yards) Monday & Tuesday**

Warm Up:

3 x (75 Ez Swim/25 Fingertip drag) R:10"
4 x (30" V-Kick + 25 Fast IMO + 25 EZ) (500+)

Backstroke and Freestyle Drills:

1 x 150: 25 "Touchdown"/25 6-3-6 (slide-n-glide)
2 x 50 Back DPS - Descend by "1" each 50

Timed: 1 x 100 Backstroke,

1 x 150: 25 "Y"/25 6-3-6 (slide-n-glide)
2 x 50 Free DPS - Descend by "1" each 50

Timed: 1 x 100 Free (700)

Main:

5 x 100 Free Cruise Pace	base @+10"
1 x 150 100 Kick + 50 Pull	R:15"
4 x 100 Free Build	base @+10"
1 x 150 100 Pull + 50 Kick	R:15"
3 x 100 Free Descend	base @+10"
1 x 150 100 Kick + 50 Pull	R:15"
2 x 100 Fast Odd Free/Even Back	base @+15"
1 x 150 100 Pull + 50 Kick	R:15" (2,000/1350)