

## Focus: Distance - Timed 1K Swim

### Monday & Tuesday

#### Warm up:

200 Swim

4x (30" vertical kick + Odd-25 Free/Even-25 Br

4 x 75 - 25's ("Finger-tip"/"6-3-6"/Fast) (600)

**Timed:** 1K (1000 yds) (1000)

#### Distance:

4 x (25 Back/25 Breast/25 Free) R:05"  
3 x 100 IMO or N/F @base +10  
1 x 200 Pull (B3) (800)

6 x 50 descend 1-3/5-6 @base +20"  
4 x 75 (Odd Back/Even Breast) R:10"  
1 x 200 Pull (B3) (800)

#### Cool Down:

3 x 100 Choice, Kick, Scull