

Focus: Middle Distance - Hold Pace

Wednesday

Warm up (650)

200 Swim

3 x 150

(50 Fast Kick + 50 Swim B3 + 50 Fast Kick)

Hold Pace: Stroke Choice

4 x 75 NF - Build & Descend	R:20"	
1 x 200 hold pace	@base +:30"	(500)
3 x 100 NF - Build & Descend	R:20"	
1 x 300 hold pace	@base +:30"	(600)
2 x 150 Pull	R:20"	
1 x 400 hold pace	@base +:30"	(700)
1 x 150 Ez NF	R:60"	
3 x 100 hold pace	@base +:20"	(450)

Bonus:

8 x 25 @35"/45"

Odds Build Stroke/Evens 20 yard sprint (200)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns