

Focus: Middle Distance - Increase Pacing

Wednesday and Thursday

Warm up

200 Swim

4 x 75 (50 finger-tip drag + 25 SLOB Kick)

1 x 200 Pull - DPS odd 25's R:10"

4 x 50 Swim w/Paddles - DPS even 25's R:10" (900)

Timed: 500 swim (500)

Hold Pace and Increase Pacing:

6 x 50 Descend 1-3/4-6 R:10"

1 x 100 @ Pace -02" R:15"

8 x 50 Descend 1-4/5-8 R:10"

1 x 200 @ Pace -02" R:20"

6 x 50 Descend 1-3/4-6 R:10" (1600)

Cool down:

2 x 100 EZ 'finger-tip drag' finish pull