

Focus: Middle Distance - Hold Pace

Friday

Warm up

200 Swim

3 x (50 Fast Kick + 50 Pull B3 + 100 RIMO) (800)

Hold Pace: Stroke Choice

4 x 75 Build & Descend	@base+:20"	
1 x 200 hold pace	R:20"	(500)
3 x 100 Build & Descend	@base+:20"	
1 x 300 hold pace	R:30"	(600)
2 x 150 Pull B3	R:20"	
1 x 400 hold pace	Timed	(700)

4x thru:

Odd 25's Build Stroke	@45"	
Even 25's 20 yard sprint	@45"	(200)

Cool down:

3 x 100 EZ Recovery/Sculling/Perfect Turns