

Focus: Middle Distance - Hold Pace

Monday & Tuesday

Warm up

300 Swim (150 Free + 150 N/F)

200 Pull B3 (500)

Re-group: Kick and Drills

4 x 50 Kick (25 Fast Flutter + 25 Breast Kick)

2x (50 "Long Doggy Paddle" + 50 "6-3-6") (400)

Hold Pace: Stroke Choice

4 x 75 Build & Descend @base+:20"

1 x 200 hold pace - **Timed** R:20" (500)

6 x 50 Build & Descend 1-3/4-6 @base+:20"

1 x 300 hold pace - **Timed** R:30" (600)

3 x 100 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