

Focus: Mid-Distance Even Pacing

Friday

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)

2x thru: Mid-Distance Swim

R:15

1 x 75 Fast Free

1 x 75 Non-Free Choice

1 x (25 Back + 25 Breast + 25 Free)

1 x 75 SLOB Kick (600)

- 1:00 bonus rest -

2x thru: Swim Choice

1 x 100 @base +:10"

1 x 200 @base +:20"

1 x 300 @base +:30" (1200)

Cool Down:

3 x (50 Free + 50 Back) - Swim, kick, pull, scull