

# Breaking up distances

Wednesday, 6/19/24

## Warm Up:

300 EZ Free

200 Stroke Choice

200 Kick w/board

8 x 25 – odds: hard to mid/easy to wall, evens: build (800)

## Main: Broken Swims

3 x 300: (1st 100 build + 2nd 100 fast + 3rd 100 cruise)

#1) 100 free/100 fly/100 free R: 20"

#2) 100 free/100 back/100 free R: 20"

#3) 100 free/100 breast/100 free R: 20"

4 x 50 kick R: 10"

4 x 75: (1st & 3rd 25's fast, middle 25's recovery)

#1 fly/free/fly R: 10"

#2 back/free/back R: 10"

#3 breast/free/breast R: 10"

#4 all free R: 10"

3 x 100 Pull (1st & 4th 25's B5, Middle 50 B3)

## 3x thru: IMO

1 x 50 kick R: 10"

2 x 25 sprint swim R: 15"

## Cool Down:

200 EZ