

Focus: Mid-Distance Build

Friday

Warm up:

2 x 150 (100 Swim + 50 Long Doggy Paddle)

2 x 150 (100 Swim + 50 Rhythm Drill)

2 x 150 (100 Non-Free + 50 Fast Kick) (900)

Build on each Individual Rep

4/2 x 75 Free Build

@base +20"

1 x 100 Fast Choice

RI:60"

4/2 x 100 Kick Build

RI:20"

1 x 100 Fast Choice

RI:60"

2 x 150/100 Pull Build

@base +20"

1 x 100/50 Fast Choice

RI:60"

1 x 100 EZ

(1400/900)

Bonus Options: Choose one

4x or 3x (100 Free 75% + 50 N/F 85%) (600/450)

10 x 100 IM

(1000)

Cool Down:

2 x (50 Free + 50 Back) "Silent Swim"