

Focus: Middle Distance - Hold Pace

Monday & Tuesday

Warm up

300 Swim Choice

4 x 50 (25 finger-tip drag + 25 SLOB Kick)

4 x 75 IMO (50 Paddle DPS + 25 "Top Hat" Drill)

1 x 200 Pull R:20"

4 x 50 Kick choice (25 Mod + 25 Fast) R:20" (1200)

Hold Pace:

3 x 100 hold pace R:20"

1 x 200 hold pace @base +:20"

5 x 100 Descend 1-5 @base +:30"

1 x 200 hold pace @base +:20"

3 x 100 hold pace R:20" (1500)

Bonus Set:

1 x 400/200

1st half hold pace, 2nd half pace -:02" (400/200)

Cool down:

3 x 100 "Silent Swim"