

Focus: Mid-Distance & Builds

Wednesday & Thursday

Warm up:

2 x 150 (100 Swim + 50 Non-Free)

Re-Group -

8 x 25 Fast Kick

R:20"

4 x (25 Long Doggy Paddle + 25 6-1-6)

2 x 150 (50 Rhythm Drill + 100 Swim DPS) (900)

90% Builds

4 x 75 Free Build to 70% @base +20"

1 x 150 Pull RI:60"

4 x 50 Kick Build to 80% RI:20"

4 x 75 Pull descend DPS @base +20"

1 x 150 Free Build to 90% RI:60"

1 x 100 EZ (1200)

Timed: 2 x 50 Broken Free R:10" (100)

Bonus Set:

2x (100 Free Mod Pace + 50 Build Non-Free)

2x (50 N/F Mod Pace + 50 Free Build) (600)

Cool Down: 3 x (50 Free + 50 Back) - "Silent Swim"