

## **Focus: Distance & Negative Splits**

### **Monday & Thursday**

#### **Warm up:**

300 Free (50 Free + 50 Back; perfect transitions)

200 Kick (SLOB, SLOF, SLOS)

300 Pull (800)

**- Re-Group for 30 minute timed swim -**

#### **Track Distance Completed in 30 minutes:**

4 x 150 Odd Free/Even Back	RI:10"	
2 x 300 Build by 100's	@base +15"	
2 x 200 Odd Back/Even Free	RI:15"	
1 x 400 Negative Split		(2000)

**- Re-Group -**

#### **2x thru:**

200 Pull

1 x 100 Moderate Kick Choice (600)

**Cool Down: 3 x 100 Choice "Silent Swim"**