

# Focus: Middle Distance - Hold Pace

## Tuesday & Friday

### Warm up (15-20 minutes)

200 Swim (DPS even 25's)

4 x 75 Middle-IMO (50 Drill\* Choice + 25 \*\* Streamline)

\*Back Drill: Dble Arm Back, "OK", \*\* 6-3-3

\*Breast Drill: Pull w/dolphin, 1P/2K, \*\* Hand Lead

4 x 25 Fast Kick (odd back/even breast) (700)

### 2x thru: Hold Pace

R:15"

1 x 75 Free

1 x 75 Non-Free

1 x 75 (25 Back + 25 Breast + 25 Free)

1 x 75 SLOB or SLOF Kick (600)

### 2x or 1x thru: Hold Pace

1 x 100 Swim Choice base+:10"

1 x 200 Swim Choice base+:20"

1 x 300 Swim Choice R:30" (1200/600)

Re-Group ~Last 15-minutes

### Fast Pace:

@:30"/40"

4x (25 Fast + 25 Faster + 25 Sprint + 25 B5 + 25 Ez)

(500)

### Cool down:

3 x 100 "Silent Swim"