

Focus: Middle Distance - Builds

Monday & Thursday

Warm up

3/2 x 150 (100 Swim + 50 Fast Kick)

3/2 x 150 (100 Swim + 50 Long Doggy Paddle) (900/600)

Drill: Backstroke

3x 50 (25 6-3-6 - 25 Swim DPS)

3x 50 (25 "Touchdown" - 25 Swim DPS) (300)

- Re-group -

2x or 1x thru: Maximize Streamline and Underwaters

2x (75 Free Mod Pace + 75 Back Build) (600/300)

Build to 90%

4 x 75 Kick build to 80% R:20"

1 x 100 Fast R:60"

4 x 100 Pull build to 85% R:20"

1 x 100 Fast R:60"

2 x 150 Swim build to 90% R:20"

1 x 100 Fast R:60"

1 x 100 Ez (1400)

Cool Down: 200 "Silent Swim" - Perfect Turns