

Focus: Middle Distance - Increase Pacing

Wednesday and Thursday

Warm up

300 Swim (every 3rd 25 'finger-tip drag')

4 x 50 Kick (SLOB, SLOS, SLOF)

2 x 100 (50 1G in/1G out + 50 Build) (700)

Hold Pace and Increase Pacing:

3 x 100 @ Pace R:20"

1 x 200 @ Pull R:20"

3 x 200 @ Pace -:02 R:30"

1 x 200 @ Swim w/Paddles R:20"

3 x 100 @ Pace R:20"

2 x 200 (first 200 @ Pace, second 200 @ Pace -:02)

- Rest 1:00 (2000)

4 x 50 (25 "Windshield Wiper" Scull + 25 DPS)

1 x 200 Pull R:20" (400)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns