

Focus: Middle Distance - Hold Pace

Monday & Tuesday

Warm up

200 Swim

2 x 200 RIMO

(50 Kick NB + 50 "DPS" + 100 RIMO) (600)

Hold Pace:

4 x 75 Build	R:15"	
4 x 50 Kick	R:10"	
3 x 100 Build	R:20"	
1 x 300 hold pace	@base +:30"	
2 x 150 Pull (B3/B5)	R:20"	(1400)
1 x 300 hold pace	@base +:30"	
1 x 200 Ez Kick	R:30"	
3 x 100 hold pace	@base +:20"	(800)

ReGroup Last 10 minutes

8 x 25	@35"/45"	
Odds Build Stroke/Evens Sprint		(200)

Cool down:

3 x 100 "Silent Swim"