

## Focus: Distance Best Average

Friday

### Warm up:

300 Swim (every 3rd 25 - Tarzan 12.5, "10-2" 12.5)

6 x 50 Kick (25 Ez/25 Fast) (600)

### Re-Group after 15 minutes

Speed Up: @:40

8 x 25 Odd Non-Free Fast + Even EZ Free (200)

### Best Average:

20 x 100/75/50 @base +:20"/30"

1-9 Best Average - Every 3rd

10-17 Best Average - Every 3rd

18-20 All Best Average (2000/1500/1000)

### Bonus: 1x or 2x thru:

1 x 50 Pull

3 x 50 Sprints @base +:10" (200/400)

### Cool Down:

3 x (50 Free + 50 Back) - Swim, kick, pull choice