

## Focus: Distance Free Special

Friday

### Warm up:

400 (200 Swim/50 Kick/100 Swim/50 Kick)

8 x 50 Pull (Odds EZ/Even Build) @:50/:60/:75

8 x 25 Odd Free Fast/Even EZ Non-Free (1000)

### 3x thru - \*Free Drills (see below)

4 x 25 Drill @:35 or R:10"

1 x 100 Free @1:30/1:45/2:00 (600)

### \*Free Drills

- 1) "Glove Stroke" shoulder width catch up stroke
- 2) Single-Arm with Kickboard
- 3) Modified "Fist" Swim - fist, Okay, middle three fingers

4x thru: (600)

150 (50 Ez/50 Moderate/50 Fast) @2:00/2:20/2:30

### 5x thru:

3 x Press-outs (8 max) @:20/:30

1 x 100 Choice Build @1:30/1:40/1:50 (500)

### Bonus:

4/3 x 200 Choice, Descend/Best Effort (800/600)

Cool Down: 200 Silent Swim