

## Focus: Mid-Distance

Friday

### Warm Up:

300 Maximize streamlines off Wall

12/10 x 25 Fast Kick w/board @:45/:55/1:05

4 x 100 (25 RA/25 SB3/25 LA/25 SB3) (1000)

### Steady Pace

R:05-:10

150 Kick

50 Swim Choice

150 Pull

100 Swim Choice

100 Kick

100 Swim Choice

100 Pull

100 Swim Choice

50 Kick

50 Swim Choice

50 Pull

(1000)

### Descends:

2x (4 x 50 Free Descend 75%-95%)

(400)

### Non-Free Perfection:

4 x 150 Non-Free Choice @ 2:45/3:00/3:15

Odds: 50 Drill choice + 100 DPS

Evens: 100 Drill choice + 50 DPS

(600)