

# Focus: Distance Training

Monday

## Warm Up:

300/200 Swim

4 x 50 Fast Kick > 25 Free/25 Dolphin

300/200 Pull

(800/600)

## Drill: Free

2x (3 x 50)

R1: Odd 25 "Superman"/Even 25 DPS

R2: 50 SA Board/50 DPS

(300)

**Re-Group:** 200 Free - Timed

(200)

## Distance:

6 x 50 Free

Descend 1-3/4-6 @1:00/1:15/1:30

(300)

## Descend Interval by :05: Choice of Distance

15 x 100 or 10 x 100 or 6 x 100:

5 @ 1:40/1:45/2:00/2:15

4 @ 1:35/1:40/1:55/2:10

3 @ 1:30/1:35/1:50/2:05

2 @ 1:25/1:30/1:45/2:00

1 @ ALL Out FAST

(1500/1000/600)