

Focus: Distance Training

Monday

Warm Up:

3 x 100 R:10"
4 x 75 SLOB Kick R:10"
8 x 25 Swim 25 IMO/25 Free DPS (800)

Timed: (100)

(1 x 25 Fly/25 Free R:30) + (1 x 50 Fly R:30)

Main: (2,000)

5 x 100 Free Cruise Pace base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"

4 x 100 Free Build base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"

3 x 100 Free Descend base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"

2 x 100 Free Fast base @+10"
1 x 150 Free 50 Fist/75 SLOB Kick/25 Fist R:15"

Bonus: 2 x (25 Fly/25 Free) + 1 x 50 Back/50 Br

Cool Down: 200 "Silent Swim"