

**Focus: Distance Training - April Goal: Timed 1K
(1000 yards)**

Monday

Warm Up:

300 Swim (every 3rd 25 finger tip drag)

4 x 50 Fast Kick NB > 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: 250 Free - Timed

(200)

Main:

5 x 100 Free Cruise Pace base @+10"

1 x 150 100 Kick + 50 Pull R:15"

4 x 100 Free Build base @+10"

1 x 150 100 Pull + 50 Kick R:15"

3 x 100 Free Descend base @+10"

1 x 150 100 Kick + 50 Pull R:15"

2 x 100 Fast Odd Free/Even Back base @+15"

1 x 150 100 Pull + 50 Kick R:15" (2,000/1350)