

**Focus: Distance    April Goal: Timed 1K (1000 yds)**  
**Monday & Tuesday**

**Warm up:**

300 Swim

4x (30" V-Kick + Odd 25 NF/Even 25 Free) (800)

**Drill:**

4 x 50 Free - w/ fins

25's - Long Doggy Paddle

25's - "1 g-in, 1 g-out" DPS (200)

**Distance:**

3 x 250/200 descend 1-3 @base +20"

1 x 200/100 Broken Fast @ 50's R:05"

1 x 300/200 Pull (B3) (1250/900)

**Timed:** 500 Free (500)

**Bonus:**

3 x 100 descend 1-3 @base +10"

4 x (25 Back/25 Breast/25 Free) R:05"

1 x 200 Pull (B3) (800)

**Cool Down:**

3 x 100 Choice, non-free, slide-n-glide, DPS