

Focus: Middle Distance – Hold Pace

Friday

Warm up

(650)

300 Relaxed Swim – hold pressure throughout pull
3 x (50 Fast Kick + 50 Swim B3 + 50 Fast Kick)

Hold Pace: Stroke Choice

4 x 75 NF – Build & Descend	R:20"	
1 x 200 Free hold pace	@base +:30"	(500)
3 x 100 NF – Build & Descend	R:20"	
1 x 300 Free hold pace	@base +:30"	(600)
2 x 150 Pull	R:20"	
1 x 400 Free hold pace	@base +:30"	(700)
1 x 150 Ez NF	R:60"	
3 x 100 Free hold pace	@base +:20"	(450)

Bonus: Re-Group

8 x 25	@35"/45"	
Odds Build Stroke/Evens 20 yard sprint		(200)

Cool down:

3 x 100 EZ "Silent Swim"