

# Goal: Strong Distance & Last 50 Power

## Wednesday & Thursday (4/9 & 4/10)

### Warmup

200 Swim

8 x 25 Kick @:30/:35/:40/:45

8 x 25 Drill, R:10s

1-4: 1 google in / 1 google out

5-8: Catchup (600)

### Main Set I

(Repeat 4/5/6x through)

1 x 200: Descend rounds 1-3, then hold best time

*Rest 30s*

1 x 100, smooth

*Rest 30s, and straight into 200*

(1200/1500/1800)

### Main Set II

(Repeat 1/2x through)

1 x 50: effort=8

1 x 100: 1st 50: effort=5, last 50: effort=8

1 x 150: 1st 100: effort=5, last 50: effort=8

1 x 100: 1st 50: effort=5, last 50: effort=8

1 x 50: effort=8 (350/700)

### Cooldown

2 x 50 silent freestyle (100)