

## Focus: Middle Distance - Builds

Monday

### Warm up

3 x 150 (100 Swim + 50 Fast Kick)

3 x 150 (100 Finger tip drag + 50 Fast Kick) (900)

### Drill: 4-Phase Underwater Skate Drill

1) Shallow Palms - front of head

2) Shallow Palms - under face

3) Palms - chest & hips > hip action

4) Palms - reach to hips > slower EVF (300)

- Re-group -

2x or 1x thru: Maximize Streamline and Under-waters

2x (75 Free Mod Pace + 75 Back Build) (600/300)

### Build to 90%

4 x 75 Kick build to 80% R:20"

1 x 100 Fast R:60"

4 x 100 Pull build to 85% R:20"

1 x 100 Fast R:60"

2 x 150 Swim build to 90% R:20"

1 x 100 Fast R:60"

1 x 100 Ez

1 x 100 Max Effort (1500)

Cool Down: 200 "Silent Swim" - Perfect Turns