

Middle Distance - Hold Pace

Friday

Warm up

200 Swim (DPS even 25's) (500)

4 x 75 Middle-IMO (50 Drill* Choice + 25 ** Streamline)

(*Back Drill: Dbl Arm Back, "Ok", ** 6-3-6)

(*Breast Drill: Pull w/dolphin, 1P/2K, ** Hand Lead)

2x thru: Hold Pace R:10"-15"

1 x 75 Free

1 x 75 Non-Free

1 x 100 (25 Free + 25 Back + 25 Breast + 25 Free)

1 x 100 SLOB or SLOF Kick

4 x 25 Fast Kick No Board (odd back/even breast)

(900)

2x or 1x thru: Hold Pace

1 x 200 Swim Choice R:20"

1 x 300 Swim Choice R:30"

1 x 400 Swim Choice R:40" (1800/900)

Re-Group ~Last 15-minutes ~

Fast Pace: @:30"/40"

4x (25 Fast + 25 Faster + 25 Sprint + 25 B5 + 25 Ez)

(500)

Cool down:

3 x 100 "Silent Swim"