

## Focus: Distance & Negative Splits

Monday

### Warm up:

300 Free (50 Free + 50 Back; perfect transitions)

200 Kick (SLOB, SLOF, SLOS) (500)

### Re-Group: Underwater Skate Drill

4 phase scull drill - quick > slow

- 1) Palms
- 2) Shallow Palm Sculling under face
- 3) Scull further down body - chest to hips
- 4) Scull to hips - "pull hands out of pockets" (300)

- Re-Group for 30 minute timed swim -

### Track Distance Completed in 30 minutes:

4 x 150 Odd Free/Even Back	RI:10"	
2 x 300 Build by 100's	@base +15"	
2 x 200 Odd Back/Even Free	RI:15"	
1 x 400 Negative Split		(2000)

- Re-Group -

### 2x thru:

200 Pull

1 x 100 Moderate Kick Choice (600)

Cool Down: 3 x 100 Choice "Silent Swim"