

Mid-Distance

Monday

Warm up:

300 Free (every 3rd 25 "Shark Fin")

8 x 25 Kick SLOB/SLOS/SLOF R:10"

300 Back (every 3rd 25 "Hesitation Tap") (800)

Working towards 200 "Personal Best" PB:

4 x 150 Odd Free/Even Fly/Bk/Br RI:10"

3 x 200 Free (every 3rd 25 "DPS") @base +15"

2 x 300 Odd NF/Even Pull RI: 15"

1 x 200 **Timed** (2000)

1:00 minute rest

2x thru:

1 x 100 Moderate Kick Choice

1 x 200 Pull (600)

Cool Down: 3 x 100 "Silent Swim"