

## Focus: Middle Distance – Hold Pace

Monday

### Warm up

300 Swim (every 3rd 25 finger-tip drag)

2 x 200 RIMO

(50 Kick NB + 50 "DPS" + 100 RIMO) (600)

### Hold Pace:

4 x 75 Odd IMO/Even RIMO, Build R:15"

4 x 50 Kick Choice R:10"

3 x 100 Free Build R:20"

1 x 300 Free hold pace @base +:30"

2 x 150 Pull (B3/B5) R:20" (1400)

1 x 300 hold pace @base +:30"

1 x 200 Kick (Odd 25 Fast) R:30"

3 x 100 hold pace @base +:20" (800)

### **ReGroup Last 12 minutes**

10 minute Relay – how far can you go? (?)

### Cool down:

3 x 100 "Silent Swim"