

# Middle Distance Free – 100's, 300's & 500

Wednesday & Thursday

## Warm up \*(see drill choice below)

200 Swim Choice

200 (50 Kick/50 \*Drill/50 Kick/50 \*Drill)

200 (50 \*Drill/50 Swim/50 \*Drill/50 Swim) (600)

## DPS and Builds: \*(see drill choice below)

1 x 150 (50 Kick/50 \*Drill/50 DPS) R:20"

1 x 200 (50 Kick/50 \*Drill/100 DPS) R:20"

1 x 250 (50 Kick/50 \*Drill/150 Build) (600)

## 2x or 1x thru:

### **Descend 100's to pace, hold pace on 300/500**

3/6x 100 Descend R:15"

1 x 300/500 @ Pace R:15"

1 x 150 (50 Swim/50 Pull/50 Swim) R:15"

1 x 150 (50 Kick/50 Swim/50 Kick) R:15"

(900/1400/1800/2800)

## Cool Down: 2 x 100 "Silent Swim"/Perfect Turns

### \*Drill Options:

One goggle in/One goggle out, Rhythm drill, Single Arm, Top Hat  
"6-3-6", Long Doggy Paddle, "Bow & Arrow"

Fist Swim or Fulcrum Paddle or Paddle on forearm

Finish power phase at hip, Relaxed recovery phase