

**Distance Training - April Goal: Timed 1K (1000 yards) or 200 or 400 IM training**  
**Monday & Tuesday**

**Warm Up:** (1000/800 yds)

300 Swim (every 3rd 25 finger tip drag)

4 x 50 Kick 25 Dolphin kick w/stroke (fins?)/25 DPS

300/200 Pull

8 x 25 Odd Fast/Even Kick

**Free Drill:** (300 yds)

2x (3 x 50)

R1: Odd 25 "Superman"/Even 25 Single Arm

R2: Odd 50 SA Board/Even 50 DPS (1300/1100)

**Re-Group:** 200 Free or 200 IM - Time (1500/1300)

**Main:** (2000 yds)

5 x 100 Free Cruise Pace base @+10"

1 x 150 100 Kick + 50 Pull R:15"

4 x 100 Free Build base @+10"

1 x 150 100 Pull + 50 Kick R:15"

3 x 100 Free Descend base @+10"

1 x 150 100 Kick + 50 Pull R:15"

2 x 100 Fast Odd Free/Even Back base @+15"

1 x 150 100 Pull + 50 Kick R:15" (3500/2650)