

Distance Training

Tuesday

Warm Up:

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

4 x 50 Fast Kick: Choice

300 Pull (finish with solid pull, max glide) (800)

Re-Group: Base Time - 500 Free (1300)

Pacing: (1650)

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 1-3 @base +10"

1 x 150: 100 Kick + 50 Pull R:15" (2950)

Re-Group: 2 x 250 Negative Split - Timed (3450)

Bonus: @ base +10" or R:15"

100 IM + 100 NF + 100 IM + 100 NF