

## 30 minute Swim - Hold Pace

### Wednesday & Thursday

**Warm up; 15 minutes then re-group** (800+)

200 Swim (DPS even 25's)

4 x 75 Middle-IMO (50 Drill\* Choice + 25 \*\* Streamline)

(\*Back Drill: Dbl Arm Back, "Ok", \*\* 6-3-6)

(\*Breast Drill: Pull w/dolphin, 1P/2K, \*\* Hand Lead)

4 x 75 BBF: Odd Free/Even NF @1:20/1:30/1:40

### - RE-Group: 30 minute swim options -

#### 2x or 1x thru: Hold Pace

1 x 200 Swim Choice R:10s

1 x 300 Swim Choice R:15s

1 x 400 Swim Choice R:20s (1000+)

- Or-

4 x 150 Swim Choice R:10s

2 x 300 Swim Choice R:15s

2 x 200 Swim Choice R:20s

1 x 400 Swim Choice R:30s (2000+)

-Or -

Non-Stop 30 minutes (?)

Re-Group ~Last 15-minutes ~

**Fast Pace Stroke Choice: 2x to 4x thru: @:30"/40"**

(25 Fast + 25 Faster + 25 Sprint + 25 B5 + 25 Ez) (500)

**Cool-down: 3 x 100 "Silent Swim"**