

Thursday, January 18, 2024 - Mid-Distance Workout			
Yards	Time	Set	Interval
1200	22	Warm up: 300 swim 2 x 150 BBF 4 x 75 Free (3/4/5 UW kick each wall) 6 x 50 choice kick <i>odds: easy/fast</i> <i>evens: fast/easy</i>	2:30 1:15 1:10
400	8	Pre set: 8 x 50 Free <i>odds: moderate, 4-6 UW each wall</i> <i>evens: 25 build to 80%, 25 @ 90%</i>	:45/:50/1:00
1300	20	Main set: 4 x 150 Free <i>50 @ 200 pace, 25 build, 75 fast</i> 50 easy 4 x 100 Free <i>50 build, 50 fast</i> 50 easy 1 x 150 Free @ 90% effort 50 easy	1:45/1:55/2:10 1:30 1:15/1:20/1:30 1:30
500	10	Kick set: 4 x 50 (25 fast, 25 easy) 4 x 75 (50 fast, 25 easy)	R:15
100	3	100 easy	
	5	Starts/Turns	
3500	68		

