

Thursday, March 7, 2024 - Mid-Distance Workout

Yards	Time	Set	Interval
1000	17	Warm up: 400 swim (alt. 75 Free w/ 25 Back) 3 x 100 kick 6 x 50 D1-3 <i>First 3 Free, 2nd 3 non-Free</i>	2:15 1:00
500	10	Pre set: 10 x 50 Free <i>odds: 25 build through the flip, 25 easy</i> <i>evens: 200 pace</i>	:50/:55/1:00
1800	35	Main set: 3 x 300 D1-3 50 easy 4 x 200 D1-4 50 easy 3 x 100 best average - :10 rest	4:00/4:30/5:00 1:30 2:30/2:45/3:00 1:30
300	8	Warm down 6 x 50 easy <i>odds: kick on 1:15</i> <i>evens: swim on 1:00</i>	
3600	70		