



Distance Workout By: Coach Leslie Scott

Warm up:

1 x 600 Swim

Kick Set:

1 x 400 kick your choice no fins

Pull Set:

5 x 200 on 3:00 or 3:15, descend 1-3

Odds are 3-5-3-7 breathing by 50

Evens are at 80% of 200 race pace

Main Set:

1 x 1000 Broken

350 fast, 50 easy, 10 seconds rest

250 fast, 50 easy, 10 seconds rest

150 fast, 50 easy, 10 seconds rest

100 All out!

Post Set:

4 x 100 Moderate pace on 5 seconds rest, perfect stroke

Cool down: 200 Free

Total: 3,600