

# DISTANCE PRACTICE

8/30/20

WARM UP:

600 EASY

(EVERY 3<sup>RD</sup> LENGTH NON-FATS)

MAIN SET:

5 X 300

1) 300 STRETCH OUT

2) 300 FAST

3) 300 EASY

4) 300 FAST FOR TIME

5) 300 RECOVERY

SPRINT SET:

4 X 75 (ODDS EAST  
Evens FAST)

WARM DOWN:

200-300 EASY



MY FINS ARE  
TIRED JUST  
READING THIS.