

## **Workout of the Month - Think Distance!**

*By Andrea Packard*

### **Warm up, 2 x through:**

300 swim  
200 pull  
100 kick

### **Prep set:**

8 x 50 on 10 sec rest interval  
Build or descend...get ready for main set



### **Main set: (rest intervals in parenthesis)**

500 (1 min)  
2 x 250 (30 sec)  
400 (40-45 sec)  
2 x 200 (20-25)  
300 (30 sec)  
2 x 150 (15-20 sec)  
200 (20 sec)  
2 x 100 (10-15 sec)

**Goals:** Start out at moderate pace on 500 and gradually get faster throughout the set so the last 2 x 100 are all-out effort.

Each "broken" swim (i.e. 2 x 250, 2 x 200), make second one same or faster than first.

200-300 cool down

4600 yards