

## Extend & Catch Focus

Warm Up (400) FS

## Extend & Catch Drills

4 X 50 as ↑ Scull #1 ↓ FS Easy

4 X 50 1-Arm KB (Kickboard)

4 X 50 as ↑ Long Dog ↓ FS Easy

## Main Set – **Repeat 3 Times**

Paces: EP=Endurance, TP=Threshold

Slower Lanes (1500)	Faster Lanes (2100)
4 X 50 1-Arm KB	100 FS @TP +10s
300 FS @EP +20s	200 FS @TP +20s
	400 FS @TP +20s

Cool Down: 200-400 Choice

(Total 2700-3500)