

## Extend & Catch Focus – Part 2

Warm Up (400) FS

Main Set – **Repeat 2 Times** (2000)

Paces: TP=Threshold

Drills focus: ***Extend*** & Catch

4 X 50 as ↑ Scull #1 ↓ FS Easy

4 X 50 1-Arm KB (Kickboard)

4 X 50 as ↑ Long Dog ↓ FS Easy

Freestyle Focus: ***Extend*** & Catch

2 X 200 FS @TP +20s

Cool Down: 200-400 Choice

(Total 2600-2800)