

# Catch Focus

## Pool Deck Exercises

Catch practice with tubing

### Warm Up (~400)

While sighting once per length (both directions):  
10 minutes ↑ FS quick ↓ FS easy (recovery pace)

### Drill Set (600)

4 X 50 as ↑ Scull #1 ↓ FS easy

4 X 50 1-Arm Kickboard (change arms at wall)

4 X 50 as ↑ Tarzan ↓ FS easy

### Threshold Set (1000)

Set Tempo Trainer: M1 = threshold pace per 25  
and stay with the beep!

5 X 200 @ TP + 1 beep rest

### Cool Down (200-400)

200-400 Choice

(total 2200-2400)