

Focus: Ladder Sprints

Friday March 5

Warm up

300 Swim Choice	R:15	
100 KickChoice	R:15	
4x 50 IMO- 25 drill+25 build	R:15	
8x 25 Choice descend 1-4/5-8	R:10	
50 Ez Choice	R:60	(850)

25 underwater kicking sprint + sprint 50's swim stroke

25 Kick underwater sprint	:30	
50 Fly sprint	1:00	
50 Choice ez	1:00	
25 Kick underwater sprint	:30	
2x 50 Back sprint	1:00	
100 Choice ez	2:00	
25 Kick underwater sprint	:30	
3x 50 Breast sprint	1:00	
150 Choice ez	3:00	
25 Kick underwater sprint	:30	
4x 50 Free sprint	1:00	
200 Choice ez	4:00	
25 Kick underwater sprint	:30	
4x 50 Choice IMO sprint	1:00	
50 Choice ez	1:00	(1,375)

Cool down

300 Choice