

Focus: Ladders IM & Fast Swims

4/9/2021

Warm up:

1 x 200 Swim	R:15"	
1 x 200 Kick	R:15"	
8 x 25 Choice Descend 1-4/5-8	R:15"	(600)

Mid-Pool Transition Drills: (4:55-5:05pm)

200 IM + FAST 25's, 50's, 100's:

1 x 200 IM	R:20"	
2 x 100 FAST worst stroke	R:20"	
1 x 100 EASY	R:15"	
1 x 200 IM	R:20"	
4 x 50 FAST best stroke	R:20"	
1 x 100 EASY	R:15"	
1 x 200 IM	R:20"	
8 x 25 FAST worst stroke	R:15"	
1 x 100 EASY	R:15"	
1 x 200 IM	R:20"	
4 x 50 FAST best stroke	R:15"	
1 x 100 EASY	R:15"	
1 x 200 IM RACE	R:20	(2,100)

Cool down: (6:10)

300 Choice