

Focus: Ladder Sprints

Friday

Warm up

300 Swim + 100 Kick Choice	R:15	
4x 50 IMO- 25 Kick+25 build	R:15	
8x 25 Choice descend 1-4/5-8	R:10	(800)

Kick Sprint + Swim Sprint; (Work Sets with all lanes)

25 Kick underwater sprint	:30	
2 x 25 Fly sprint	:45	
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