

Base: Ladders

Wednesday & Thursday

Warm Up (focus on form, raise heart rate)

200 Free + 200 Pull + 200 Kick (600)

Let's Go - Ladders:

10 x 25: Odd Free/Even Stroke @:45

Rest: 1:00

5 x 50: Free - 25 EZ/25 Quick Kick R:15"

Rest 1:00

4 x 75: Odd Free/Even Stroke

50 Drill/25 Kick

R:10"

5 x 100:

R:15"

Odd Free/Even Back match DPS

(1,300)

Cool Down:

200 Pull + 100 Kick