

Focus: Fast Ladders

Wednesday & Thursday

Warm Up (focus on form, raise heart rate)

200 Free + 200 Pull + 200 Kick + 4 x 50 Choice
(800)

Let's Go - Fast Ladders:

20/10 x 25: Odd Free/Even Stroke @:25/:35
Rest: Vertical Kick 1:00

10/5 x 50: Free - "Red Bull" Turns @:55/:65
Rest: Vertical Kick 1:00

8/4 x 75: Odd Free/Even Stroke R:10"
50 Fist Swim/25 Kick (no board)

5/3 x 100: Choice @base +:15"

Build each 100 with last 100 fastest

(2,100/1,100)

Cool Down:

300 Pull + 200 Kick