

Base: Ladders

Wednesday & Thursday

Warm up

200 Swim + 200 Kick Mix + 200 Pull R:15 (600)

Kick + Drill + Swim Ladders;

2x thru:

4 x 25 Kick Dolphin (fins)

4 x 25 Body Dolphin Drill (fins)

50 Choice Ez (no fins)

4 x 25 Kick Back (fins)

2 x 50 Back Drill (fins)

100 Choice Ez (no fins) (1100)

1x thru:

2 x 25 Kick Free Fast :40

4 x 25 Free Sprint :40

200 Kick (350)

Cool down

300 Ez Choice