

Focus: Ladder Sprints

Wednesday & Thursday

Warm up

200 Swim + 200 Kick Mix + 200 Pull R:15

8 x 25 Choice descend 1-4/5-8 R:10 (800)

Kick Sprint + Swim Sprint;

(All Lanes Work Sets)

2 x 25 Kick Dolphin Fast :30

2 x 25 Fly Sprint :45

50 Choice Ez 1:00

2 x 25 Kick Back Fast :30

2 x 50 Back Sprint 1:00

100 Choice Ez 2:00

2 x 25 Kick Breast Fast :30

3 x 50 Breast Sprint 1:00

150 Choice Ez 3:00

2 x 25 Kick Free Fast :30

4 x 50 Free Sprint 1:00

200 Choice Ez 4:00

2 x 25 Kick Choice Fast :30

4 x 50 Choice Sprint 1:00

250 Choice Ez 1:00 (1,700)

Cool down

300 Choice