

Focus: Gradual Climb

Wednesday

Warm Up:

200 Swim

200 Kick

200 Pull

(600)

2x thru Short Axis Drill:

R:10"

(4 x 50) 25 Breast Drill + 25 Swim

25 1 pull/2 kick + 25 Breast

1 x 100 Ez Free

(4 x 50) 25 Fly Drill + 25 Fly Swim

25 3 LSA/RSA/Full + 25 Fly

1 x 100 Ez Free

(1200)

Climb:

4 x 75 DPC @ base +:15 or R:10

25 Breast, 25 Fly, 25 Breast

DPC - Match cycle count each 25

(300)

6 x 100 @ base or R:10

75 Free 75%, 25 (non-free) Fast

(600)

Choice for Time - Best Non-Free FAST

1 x 50 FAST - or - 1 x 100 FAST