

# Focus: Ladder Sprints      Wednesday (Noon & AM)

## 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