

# Focus: Ladder Sprints

Monday

## Warm up

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

8 x 25 Fast Fly/Odd Ez Free R:10 (800)

## Kick Sprint + Swim Sprint; (All Lanes Work Sets)

4 x 25 Kick Dolphin Odd Fast :30

4 x 25 Fly Sprint :45

50 Choice Ez 1:00 (250)

4 x 50 Kick Back Odd Fast :30

4 x 50 Back Sprint 1:00

100 Choice Ez 2:00 (500)

4 x 25 Kick Breast Odd Fast :30

4 x 25 Breast Sprint 1:00

150 Choice Ez 3:00 (350)

4 x 50 Kick Free Odd Fast :30

4 x 50 Free Sprint 1:00

200 Choice Ez 4:00 (600)

4 x 50 Kick Choice Fast :30

4 x 50 Choice Sprint 1:00

250 Choice Ez 1:00 (650)

## Cool down

300 Choice