

**Focus: Ladders->Swims->Kicks**

Wed & Thur 4/6-7

**Warm Up:** (no board or buoy)

200 Swim Choice

5 minute Vertical Flutter Kick - fwd & bkwd

4 x 50 (25 fast free + 25 Ez back) (400+)

**Drill: 2 x (4 x 50) Breaststroke & Fly**

R1: (25)-Kick on Back, (25)-1 pull/2 Kick

R2: (25)-Stoneskipper (25)-LA/RA/Both (400)

**100 IM's + 25's, 50's, 100's:**

1 x 100 IM - Kick	R:20"	
2 x 50 Non-Free Swim	R:20"	
1 x 100 Ez Choice	R:15"	
1 x 100 IM - Kick	R:20"	
4 x 50 Non-Free Swim	R:20"	
1 x 100 Ez Choice	R:15"	
1 x 100 IM - Kick	R:20"	
8 x 25 Non-Free Swim	R:15"	
1 x 100 Ez Choice	R:15"	(1,100)

**Relay: 1 x 200 IM Kick or Swim**