

## Focus: Ladders & Fast Swims

Wed & Thur 4/6-7

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

300 Swim Choice

5 minute Vertical Flutter Kick - fwd & bkwd

6 x 50 (25 fast free + 25 Ez back) (600+)

### Drill: 2 x (4 x 50) R1:Breaststroke, R2:Fly

R1: (25)-Kick on Back, (25)-Hands behind back

R2: (25)-3-Fly/3-Br, (25)-3 Fly/3 Free (400)

### Mid-Pool Transition Drills: (5:15pm)

#### 100 IM's + FAST 25's, 50's, 100's:

2 x 100 IM - Kick	R:20"	
2 x 100 FAST Non-Free	R:20"	
1 x 100 Ez Choice	R:15"	
2 x 100 IM - Swim	R:20"	
4 x 50 FAST Non-Free	R:20"	
1 x 100 Ez Choice	R:15"	
2 x 100 IM - Kick	R:20"	
8 x 25 FAST Non-Free	R:15"	
1 x 100 Ez Choice	R:15"	
2 x 100 IM - Swim	R:20"	
4 x 50 FAST Non-Free	R:15"	
1 x 100 Ez Choice	R:15"	(2,000)

### Relay: 1 x 200 IM