

Focus: Ladders & Fast Swims Wednesday & Thursday

Warm Up:

300 Swim Choice

3 minute Vertical Flutter Kick - fwd & bkwd

6 x 50 (25 fast free + 25 Fly) (600+)

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

R1: (25)Hand Lead Kick, (25)

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

Mid-Pool Turns Breaststroke Pullout/UnderH2O Fly

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" (2,000/1500)

Bonus: Relay: 1 x 200 IM