

## Focus: Strengthening

Wednesday & Thursday

### Warmup

1 x 300 Swim

1 x 200 50 Kick/50 Fist Swim

8 x 50 - 25 Fast Free/25 Fly DPS (700)

### Breathing Pattern Ladder (400)

25-B3/50-B5/75-B7/100-B3/75-B5/50-B7/25-B3

### Strengthening:

100 Free + 75 Free + 50 Free @base +15"

3 x 25 Free Fast @:30

1 x 50 Free Recovery @1:30

50 Breast + 25 Br + 50 Br @base +20"

3 x 25 Breast Fast @:40

1 x 50 Free Recovery @1:30

100 Back + 75 Back + 50 Back @base +15"

3 x 25 Back Fast @:30

1 x 50 Free Recovery @1:30

50 Fly + 25 Fly + 50 Fly @base +20"

3 x 25 Fly Fast @:40

2 x 50 Free Recovery @1:30

(REPEAT - IF TIME) (1,200+)