

Focus: Fast Ladders

Wednesday & Thursday

Warm Up (focus on form, raise heart rate)

200 Free

200 Pull

200 Kick

4 x 50 Choice (800)

Let's Go - Fast Ladders:

20/10 x 25: Odd Free/Even Stroke @:30/:40

Recovery: Vertical Kick 1:00 (or 50 Kick)

10/5 x 50: Free - "Red Bull" Turns @:55/:65

"Red Bull" Turns > no breath into turn last 5 yds

Recovery: Vertical Kick 1:00 (or 50 Kick)

8/4 x 75: Odd Free/Even Stroke R:10"

50 Swim Build/25 SLOB Kick

6/3 x 100: Choice @base +:15"

Descend 1-3, 4-6 (2,200/1,100)

Cool Down:

300 Pull + 200 Kick