

Focus: Ladders & Fast Swims

Monday & Thursday

Warm Up:

300 Swim Choice + 200 Kick Choice

6 x 50 (25 Fast Free + 25 Ez Fly) (800)

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

R1: (25) Kick "hand lead" (25) "1 pull/2 kick"

R2: (25) "Touchdown" (25) "Hesitation Tap" (400)

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

2 x 100 IM - Kick R:20"

2 x 100 FAST Free R:20"

1 x 100 Ez Choice R:15"

2 x 100 IM - Swim R:20"

4 x 50 FAST Free R:20"

1 x 100 Ez Choice R:15"

2 x 100 IM - Kick R:20"

8 x 25 FAST Free R:15"

1 x 100 Ez Choice R:15"

2 x 100 IM - Swim R:20"

4 x 50 FAST R:15"

1 x 100 Ez Choice R:15" (2,000/1500/1000)

1 x 200 IM/Free - Relay?