

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) 1P-2K

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:

2 x 100 IM - Kick	R:20"	
8 x 25 FAST Swim Choice	R:20"	
1 x 100 Ez Choice	R:15"	
2 x 100 IM - Swim	R:20"	
4 x 50 FAST Kick	R:20"	
1 x 100 Ez Choice	R:15"	
2 x 100 IM - Kick	R:20"	
8 x 25 FAST Swim Choice	R:15"	
1 x 100 Ez Choice	R:15"	
2 x 100 IM - Swim	R:20"	
4 x 50 FAST Kick	R:15"	
1 x 100 Ez Choice	R:15"	(2,000/1500)

Bonus: Relay: 1 x 200 IM