

## Focus: Strengthening

Wednesday & Thursday

### Warmup

300 Swim

3x (50 Kick Choice/50 Fist or Paddle Swim)

4 x 50 - 25 Fast Free/25 Fly/Br DPS (800)

Breathing Pattern Ladder (400)

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

Timed: 250 Free (250)

### Strengthening:

50 Fly + 25 Fly + 50 Fly	@base +20"	
3 x 25 Fly Fast	@:40	
<u>2 x 50 Free Recovery</u>	@1:30	(250)
100 Back + 75 Back + 50 Back	@base +15"	
3 x 25 Back Fast	@:30	
<u>1 x 50 Free Recovery</u>	@1:30	(350)
50 Breast + 25 Br + 50 Br	@base +20"	
3 x 25 Breast Fast	@:40	
<u>1 x 50 Free Recovery</u>	@1:30	(250)
100 Free + 75 Free + 50 Free	@base +15"	
3 x 25 Free Fast	@:30	
<u>1 x 50 Free Recovery</u>	@1:30	(350)
(REPEAT - IF TIME)		(1,200+)