

Focus: Fast Ladders

Wednesday

Warm Up (focus on form, raise heart rate)

300 Free (Even 50's "Finger tip drag")

8 x 25 Fast Kick @:45

200 Pull

4 x 25 Fast Kick @:45 (800)

Let's Go - Fast Ladders: 1x or 2x thru:

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

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

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)

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

50 Swim Build/25 SLOB Fast Kick

3 x 100: Descend 1-3 @base +:15" (1,100/2,200)

Cool Down: 200 'Silent Swim'