

Focus: Ladders & Fast Swims

Monday

Warm Up:

300/200 Swim + 200 Kick

6/4 x 50 (25 Fast Free + 25 Fly DPS <10) (800/600)

Drill: 2 x (3 x 50) R1:Breaststroke, R2:Back

R1: (25) "Hand Lead" (25) "1 P/2 K"

R2: (25) "Log Roll" (25) "Shoulder Tap" (300)

100 IM's + FAST 25's, 50's, 100's: Choose your Adventure

2 x 100 IM - Kick R:20"
2 x 100 FAST Free R:20"
1 x 100 Ez Choice R:15" (500)

2 x 100 IM - Swim R:20"
4 x 50 FAST Free R:20"
1 x 100 Ez Choice R:15" (500)

2 x 100 IM - Kick R:20"
8 x 25 FAST Free R:15"
1 x 100 Ez Choice R:15" (500)

2 x 100 IM - Swim R:20"
4 x 50 FAST R:15"
1 x 100 Ez Choice R:15" (500)

1 x 200 Relay?