

Focus: Fast Ladders

Friday

Warm Up (focus on form, raise heart rate)

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

8 x 25 Fast Kick @:45 (500)

Drill: 4-Phase Underwater Skate Drill

- 1) Shallow Palms - front of head
- 2) Shallow Palms - under face
- 3) Palms - chest & hips > hip action
- 4) Palms - reach to hips > slower EVF (300)

Mid-Pool Free:

5 x 50: - "Red Bull" Turns @:55/:65

"Red Bull" Turns > no breath last 5 yds (250)

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

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

10 x 25: Odd Free/Even Stroke @:30/:40 (250)

4 x 75: Odd 75's Free/Even 75's Stroke R:10"
50 Swim Build/25 SLOB Fast Kick (300)

3 x 100: Descend 1-3 @base +:15" (300)

Cool Down: 200 'Silent Swim'