

Focus: Ladders & Fast Swims Wednesday & Thursday

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)

Re-Group last 10 minutes: Reindeer Games?