

# **SKIPS-Locomotion-Power      Terrible Thursday**

## **Warm-Up (300 yards)**

- **1x300**, 100 Swim/100 Kick/100 Choice

(300)

## **Focusing on Distance SKIPS! (1000 yards)**

- **5x200s** S.K.I.P.S

    - **Swim, Kick, IM, Pull, Swim**

(1300)

## **Main Set 1 Locomotion Ladder (1700 yards)**

- **1x50 Locomotion**

on :50/1:00/1:10

- **1x150 Locomotion**

on 2:00/2:10/2:20

- **1x300 Locomotion**

on 3:45/4:00/4:15

- **1x500 Locomotion**

on 7:00/7:30/8:00

- **1x300 Locomotion**

on 3:45/4:00/4:15

- **1x150 Locomotion**

on 2:00/2:10/2:20

- **1x50 Locomotion**

on :50/1:00/1:10

(3000)

## **Main Set 2: Power 50s (650 yards)**

- **4x50s** on :50/:55/1:00

- **4x50s** on :45/:50/:55

- **4x50s** on :40/:45/:55

- **1x50** ALL OUT BABY

(3650)