



Woeful Wednesday

3400/2650

Warm up – Swim-Pull-Kick-Scull

700/550

200/150 Choice @ :20 rest

200/150 Pull @ :20 rest

100 Kick @ :15 rest

4/3 x 25 Scull @ :10 rest *scull concentrate on catch*

4/3 x 25 Choice @ :10 rest *build each 25*

Free Pull: Extended Ladder

1,700/1,300

300/250 Pull @ 4:30 *aerobic effort*

4/3 x 50 Free @ :50/1:00/1:20 *descend 1-4/1-3*

250/200 Pull @ 3:45 *aerobic effort, focus on catch*

4/3 x 50 Free @ :50/1:00/1:20 *1-4/1-3*

200/150 Pull @ 3:00 *aerobic effort, focus on DPS*

4/3 x 50 Free @ :50/1:00/1:20 *descend 1-4/1-3*

150/100 Pull @ 2:30 *build by 50*

4/3 x 50 Free @ :50/1:00/1:20 *descend 1-4*

Bonus Set: Folded ladder

750/550

200/150 Swim @ 3:00 *aerobic effort, focus on DPS*

4/3 x 50 Pull @ :50/1:00/1:20 *descend 1-4/1-3*

150/100 Swim @ 2:30 *build by 50*

4/3 x 50 Pull @ :50/1:00/1:20 *descend 1-4*

Drill Choice Warmdown (250) *Good technique and then swim easy*

2 x 50 Backstroke @ :10 rest

150 Choice *easy*

Distance: 2,950 Time: 0hr 59 min