Fast Pace & Catch **Wednesday Challenge**

Warmup 2x thru: (800)
200 Free + 100 Kick + 4x 25 "Rhythm Drills" (800)

Re-Group: Vertical Kick & Scull Drills

2x thru: (R#1 - Free, R#2 - NF) (1400)
5 x 100 Descend 60%>95% @1:30/1:40/1:55
1 x 100 Single-Arm 60-65% R:15"
4 x 25 90-95% @:35/:40/:50
1 x :30 Fast Vertical Kick btw 25's (2200)

1x thru: (Choice) (300) @ RI :15-:20
4 x 75 Kick (25 Mod/25 Fast/25 Mod) (2500)

1x thru: (Choice) (300)
5 x 50 85-90% @:45/:55/:60
1 x 100 Single-Arm 60-65% R:15"
4 x 25 90-95% @:35/:45/:55
1 x :30 Fast Vertical Kick btw 25's (2950)

Bonus - 4x thru: (600) (3550)
(4x 25 NF DPS/Ez Fly) + 50 Free 90-95% R:30"