


# Ohio Splash - Sunday 6/29/2014

## Beginner Lanes

Warm-Up	100 Swim 100 Pull/Drill	200	200
Kick	6x50 Kick Alternating Free/Stroke by 50	300	500
Ladder	 <ul style="list-style-type: none"> <li>25 - EZ</li> <li>50 - Fast</li> <li>75 - Kick</li> <li>100 - Pull / Drill (Breathing by 3/5/3/5)</li> <li>100 - Build by 25 (each 25 faster than the last)</li> <li>75 - Kick</li> <li>50 - Fast</li> <li>25 - EZ</li> </ul> <p>Rest on all = :25s</p>	1000	1500
Turns	<p>Starting from the middle of the pool:</p> <ul style="list-style-type: none"> <li>3x25 - Free</li> <li>3x25 - Stroke (non-free)</li> <li>3x25 - Free</li> <li>3x25 - Stroke (non-free)</li> </ul> <p>FOCUS on freestyle flip turns, tight streamline off the wall</p>	300	1800
Cool-down	100 EZ	100	1900