


Ohio Splash - Sunday 6/29/2014

Intermediate Lanes

Warm-Up	300 Swim 200 IM	500	500
Kick	8x50 Kick Alternating Free/Stroke by 50	400	900
Ladder	 <p> 25 - EZ 50 - Fast 75 - Kick 100 - Pull / Drill (Breathing by 3/5/3/5) 150 - Free/Stroke/Free by 50, Focus on Technique 100 - IM 75 - Kick 50 - Fast 25 - EZ Rest on all = :15s </p>	1300	2200
Turns	Starting from the middle of the pool: 4x25 - Fly 4x25 - Back 4x25 - Breast 4x25 - Free FOCUS on tight streamlines; no breathing off the wall	400	2600
Cool-down	100 EZ	100	2700