

#190410.BL

**6:**

300 swim, 200 kick, 200 pull

10x50 @:40

2x[ Laughter Ladder, alternate easy/hard, go up then back down with 2x200 at the top, 1:10 rest

between the 200's, 25's on :25, start the easy as soon as you get back

Yards	25easy	50hard	75easy	100hard	150easy	200hard
Interval	:25	:50	1:15	1:40	2:30	3:20
Clock Time to leave on	:00	:25	:15	:30	:10	:50

]

8x25 fist drill

200 easy

**5:**

300 swim, 200 kick, 200 pull

10x50 @:45

2x[ Laughter Ladder, alternate easy/hard, go up then back down with 2x200 at the top, 1:10 rest

between the 200's, 25's on :25, start the easy as soon as you get back

Yards	25easy	50hard	75easy	100hard	150easy	200hard
Interval	:25	:50	1:15	1:40	2:30	3:20
Clock Time to leave on	:00	:25	:15	:30	:10	:50

]

8x25 fist drill

200 easy

**4:**

300 swim, 100 kick, 200 pull

10x50 @:50

2x[ Laughter Ladder, alternate easy/hard, go up then back down with 2x200 at the top, 1:00 rest

between the 200's, 25's on :30, start the easy as soon as you get back

Yards	25easy	50hard	75easy	100hard	150easy	200hard
Interval	:30	1:00	1:30	2:00	3:00	4:00
Clock Time to leave on	:00	:30	:30	:00	:00	:00

]

8x25 fist drill

200 easy

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**3:**

200 swim, 200 kick, 200 pull

10x50 @:55

2x[ Laughter Ladder, go up then back down, 1:00 rest at the top with 25's on :30, start the easy as soon as you get back

Yards	25easy	50hard	75easy	100hard	150easy	200hard
Interval	:30	1:00	1:30	2:00	3:00	4:00
Clock Time to leave on	:00	:30	:30	:00	:00	:00

]

8x25 fist drill

200 easy

**2:**

2000 swim, 200 kick, 100 pull

10x50 @:55

[ Laughter Ladder, go up then back down, 1:40 rest at the top with 25's on :35, start the easy as soon as you get back

Yards	25easy	50hard	75easy	100hard	150easy	200hard
Interval	:35	1:10	1:45	2:20	3:30	4:40
Clock Time to leave on	:00	:35	:45	:30	:50	:20

]

8x25 fist drill

200 easy

**1:**

200 swim, 100 kick, 100 pull

10x50 @1:00

2x [ Laughter Ladder, go up then back down, 1:30 rest at the top with 25's on :35, start the easy as soon as you get back

Yards	25easy	50hard	75easy	100hard
Interval	:35	1:10	1:45	2:20
Clock Time to leave on	:00	:35	:45	:30

]

8x25 fist drill

200 easy