

## Circuit Day

200 stretch

300 catch-up

10 x 50 drill/swim @ 1:00 primary stroke

10 x 50 drill/swim @ 1:00 secondary stroke(s)

10 x 50 count and reduce @ 1:00

10 x 100 pull @ 2:00 3,5,7,9 by 25's

Lane 1

Stretch cords 5 x 30 seconds

Lane 2

Stretch cords 5 x 30 seconds

Lane 3

Medicine ball vertical kicking 5 x 30 seconds

Lane 4

Grudge cord 5 x 30 seconds

Lane 5

10 x 25 kick with shoes @ 30 seconds

Lane 6

Locomotive 200

500 stretch