**Friday 3-31 Speed**

**Warm-Up:**

400 EZ Loosen

4 x 100

4 x 50

**STATIONS – 3 lanes**

**Station 1 – Parachute (500M+)**

**2X:**

2 x 50 w/chute @ 1:30 (40M cruise, 10M fast) – Use Choice Gear

***\*\*Take off chute\*\****

2 x 30M Kick Sprints w/board @ :45 (Middle of the pool and back – as fast as possible)

1 x 100 Lowest SC Possible @ 3:00

**Station 2: Fins + Pads (Explain Colors)**

1 x 100 White Pace w/Fins + Pads @ 1:30/1:40/1:50

1 x 50 Fast Choice – Fins only @ :60

1 x 50 Free w/Low SC @ :60

1 x 100 Pink - Fins + Pads

1 x 50 Fast Choice – Fins only

1 x 50 Free w/Low SC

1 x 100 Red – Fins + Pads

1 x 50 Fast Choice – Fins only

1 x 50 Free w/Low SC

1 x 100 Blue – Fins + Pads

1 x 50 Fast Choice – Fins Only

1 x 50 Free w/Low SC

**Station 3 - Blocks**

6 x 100 @ 2:30

**Odds** – From Blocks (25 Blast/50 EZ/25 Finish)

**Evens** – Middle 50 Blast (Work the turn)

**Structured Cool-Down**