

Practice # 101 – IM50s/Free/IM (LC)

Warm Up - 400 Choice
- 3/4x100 free drill :15 rest
(25 drill, 25 full, 25 drill, 25 full)
(switch lanes at 0615)

Main Set:

14/16x50 (2/4 fly, 4 bk, 4 br, 4 fr) 1:15/1:05
(after each set of 4, add :15/:10 & re-start)

2x200/300 free (med, build) 4:30/5:00
2x150/200 kick or drill work 4:30

14/16x50 (2/4 fly, 4 bk, 4 br, 4 fr) 1:15/1:05
(after each set of 4, add :15/:10 & re-start)

Warm down – 5 mins of relaxed swim