

## Practice #105 – 50/100 steps (Lanes 3&4)

**Warm up - 400 Choice**  
**- 3/2x100 kick** **2:45/3:00**  
700/600

### **Main Set:**

**4x50 easy-1x50 hard free** **1:00/1:10**  
**3x50 easy-2x50 hard free** **1:00/1:10**  
**2x50 easy-3x50 hard free** **1:00/1:10**  
**1x50 easy-4x50 hard free** **1:00/1:10**  
1000

**1 min rest and regroup**

**2x100 easy-1x100 hard IM** **2:10/2:20**  
**1x100 easy-2x100 hard IM** **2:10/2:20**  
**1x100 easy-1x100 hard IM** **2:10/2:20**  
900

**300 free pull buoy, band and paddles** **5:30**  
**(think stroke efficiency)**

300  
2900/2800

**Warm down – 5 mins of relaxed swim**