

Practice # 12 – Fr/IM Mix (Lanes 3 & 4)

Warm Up - 400 Choice

- 3x100 kick

(50 hard/50 easy mix)

700

Intro Set:

5/4x100 drills

2:30

(25 drill, 25 full, 25 drill, 25 full)

Scull/Sideglide/Single Arm

Catchup/Finger Drag

500/400

Main Set:

400 free (pull paddles PB) 70%

7:00/7:30

3/2x100 IM (med)

2:10/2:30

700/600

300 free (pull paddles PB) 80%

5:45/6:00

2/1x100 IM (build)

2:10/2:30

500/400

200 free (pull paddles PB) 90%

3:45/4:00

2/1x100 IM (hard)

2:10/2:30

400/300

Warm down – 5 mins of relaxed swim 2800/2400