

Practice # 27 – relaxed swim (Lanes 1&2)

Warm Up - 400 Choice

- 8x50 IM rotation 1:00

(50 fly, 25 fly-25 back, 50 back, etc)

Main Set:

8x100 1:45/1:50

50 easy or stretch re-form & repeat

Repeat cycle 3 times

Warm down – 5 mins of relaxed swim