

Practice # 27 – relaxed swim (Lanes 3&4)

Warm Up - 400 Choice

**- 8/7x50 IM rotation 1:05/1:10
(50 fly, 25 fly-25 back, 50 back, etc)**

Main Set:

7/6x100

2:00/2:20

50 easy or stretch re-form & repeat

Repeat cycle 3 times

Warm down – 5 mins of relaxed swim