

Practice # 30 - Fly fins (Lanes 1 & 2)

Warm Up - 400 choice

- 4x100 free/fly kick 2:15/2:30

Main Set:

10/9x50 fly (fins optional) :55/1:00

15 underwater kick, 35 fly or 1-arm fly

6x75 fly or free (fins optional) 1:20/1:30

(25 full, 25 1-arm, 25 optional)

100 free easy

3x200 free 3:00/3:15 (or :15 rest)

200/150 kick

8/7x100 IM or choice

1:50/2:00

Warm down – 5 mins of relaxed swim