

Practice # 34 - BR/IM (Lanes 1 & 2)

Warm Up - 400 Choice Stroke

- 5x50 br sculling

1:15

Main Set:

5x100 breast (1st 3 drill-rest full) 1:50/2:00

drill: 2 kicks for every pull, feel kick & glide

full: work on timing of kick, arms & glide

in order to max the kick and glide fwd

3x200 (50 fr/100 br/50 fr)

3:30/3:45

4/3x100 kick

2:15/2:30

300 MOD IM (easy)

6:00

(100 bk, 100 br, 100 fr)

200 IM (build)

4:00

100 IM (hard)

for time

Warm down – 5 mins of relaxed swim