

Practice # 40 – IM (Lanes 1 & 2)

Warm Up - 400 Choice

- 4x100 Kick 2:00/2:15

800

Main Set:

8x50: 1. 50 Fly 1:00/1:05

2. 25 Fly/25 Bk

3. 50 Bk

4. 25 Bk/25 Br

5. 50 Br

6. 25 Br/25 Fr

7. 50 Fr

8. 25 Fr/25 Fly

400

1 min rest - repeat set switching to 100m

7x100: 1. 50 Fly/50 Back 2:00/2:10

2. 100 Bk

3. 50 Bk /50 Br

700

3x200 Fr (pullbuoy/paddles) 3:15/3:30

3x200 Fr (fins) 3:15/3:30

3x100 Fr (pullbuoy/paddles) 1:35/1:45

1500

Cool down - 5 mins relaxed swim

3400