

Practice # 50 – Pre-meet Steps (Lanes 1&2)

Warmup: 400 choice

16/15x50

1:00/1:05

(4/3 fly, 4 back, 4 breast, 4 free)

Main Set:

1 min rest after every mini set

2x300/250 free (1st easy, 2nd build) 4:45

3x150 choice (easy, build, hard) 2:45/3:00

4/3x100 choice (easy to hard) 2:00/2:10

5x75 choice (easy to hard) 1:30/1:40

6x50 dives (hard/sprint 25, return easy)

Warm down – 5 mins of relaxed swim