

## **Practice # 50 – Pre-meet Steps (Lanes 3&4)**

**Warmup: 400 choice**

**14/11x50 1:10/1:30**

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

**Main Set:**

**1 min rest after every mini set**

**2x250/200 free (1<sup>st</sup> easy, 2<sup>nd</sup> build) 5:15**

**2x150 choice (easy, build, hard) 3:15/4:15**

**4/3x100 choice (easy to hard) 2:20/3:00**

**3x75 choice (easy to hard) 1:50/2:15**

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

**Warm down – 5 mins of relaxed swim**