

## Practice # 51 – 75s free/IM/ch (Lanes 1&2)

**Warm Up - 400 Choice**  
- 4/3x100 Free 1:45/1:50  
(25 choice, 25 full, 25 choice, 25 full)  
- 3x100 kick 2:20/2:30  
(hard 25-easy 25)

### **Main Set:**

**8x75 free 1:15/1:20**  
(3 med, 3 build, 2 hard)

**8x75 Mod IM 1:20/1:30**  
(either same 3 IM strokes or IM rotation)  
(work on legal turns)  
(3 med, 3 build, 2 hard)

**6x75 choice 1:30/1:40**  
(2 med, 2 build, 2 hard)

**6x50 choice 1:15**  
(sprints working hard flag-wall-flag)

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