

Practice # 51 – 75s free/IM/ch (Lanes 3&4)

Warm Up - 400 Choice
- 3x100 Free 2:10/2:30
(25 choice, 25 full, 25 choice, 25 full)
- 3/2x100 kick 2:45/3:15
(hard 25-easy 25)

Main Set:

6x75 free 1:30/1:45
(2 med, 2 build, 2 hard)

8/6x75 Mod IM 1:45/2:00
(either same 3 IM strokes or IM rotation)
(work on legal turns)
(3/2 med, 3/2 build, 2 hard)

6x75 choice 1:50/2:10
(2 med, 2 build, 2 hard)

4/2x50 choice 1:30
(sprints working hard the flag-wall-flag)

Warm down – 5 mins of relaxed swim