

Practice # 52 – IM Turns/Dives (Lanes 1&2)

Warm Up - 400 Choice
- 5/4x100 Choice 1:50/2:00
(25 choice, 25 full, 25 choice, 25 full)

Main Set:

8x75 Mod IM 1:30/1:40
(either same 3 IM strokes or IM rotation)
(work on legal turns)
(3 med, 3 build, 2 hard)

6x100 choice 1:45/2:00
(2 med, 2 build, 2 hard)

Set of mid distance free/kick in lanes 3 & 4
Lanes 1 & 2 – turns and dives

Start midway down the pool-work 12 turns
(3x4 strokes, or 4x3, or 6x2, or all 12 same)

12 dives: 1st 3 only dive, next 3 dive with
kick, next 3 full dive with 4 strokes
and last 3 full 25s for time

Warm down – 5 mins of relaxed swim