

## Practice # 52 – IM Turns/Dives (Lanes 3&4)

**Warm Up - 400 Choice**  
**- 4/3x100 Choice 2:10/2:30**  
**(25 choice, 25 full, 25 choice, 25 full)**

### **Main Set:**

**6x75 Mod IM 1:50/2:10**  
**(either same 3 IM strokes or IM rotation)**  
**(work on legal turns)**  
**(3 med, 3 build, 2 hard)**

**6/5x100 choice 2:10/2:30**  
**(2 med, 2 build, 2 hard)**

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

**300/200 free followed by 200/150 kick**  
**1 min rest and repeat free/kick set**

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