

Practice # 53 – Free Turns/Dives (Lanes 3&4)

Warm Up - 400 Choice
- 4/3x100 Choice 2:20/2:40
(25 scull, 25 full, 25 scull, 25 full)

Main Set:

3x150 free 3:00/3:30
(med, build, hard)

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

Long distance free swim in lanes 3 & 4
Lanes 1 & 2 – turns and dives

Based on time, conduct interval pace swim

Warm down – 5 mins of relaxed swim