

Practice # 54 – Sprints w/ turns (Lanes 3&4)

Warmup: 400 choice

10/9x50

1:10/1:15

(4 fly or back, 4 back or breast, 4/3 free)

Main Set:

7/6x100 choice

2:10/2:30

(25 kick (no board), 25 drill, 50 full)

4/3x75 sprint

1:30/1:40

75 easy

2:00/2:30

4/3x75 sprint

1:30/1:40

100 easy

5x50 off the blocks

(sprint 30 w/ quality turn, easy 20)

Warm down – 5 mins of relaxed swim