

## Practice # 55 – 200 to 50 Choice (Lanes 3&4)

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

### **Main Set:**

<b>200/150 free (hard)</b>	<b>4:00</b>
<b>2x100 free (build,hard)</b>	<b>2:00/2:15</b>
<b>3/2x50 free (build,hard,sprint)</b>	<b>1:00/1:10</b>
<b>2x100 choice (build,hard)</b>	<b>2:15/2:30</b>
<b>2/1x50 choice (sprint)</b>	<b>1:05/1:15</b>
<b>2x100 choice (build,hard)</b>	<b>2:15/2:30</b>
<b>50 kick (25 hard, 25 easy - fins?)</b>	<b>:15 rest</b>
<b>100 kick (50 hard, 50 easy)</b>	<b>“</b>
<b>150/100 kick (75/50 hard, 75/50 easy)</b>	
<b>75 easy swim &amp; stretch</b>	

**6x50 choice-25 fast/25 easy**

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