

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:

200/150 free (hard) 4:00
2x100 free (build,hard) 2:00/2:15
4/3x50 free (build,hard,sprint) 1:00/1:10

50 kick (25 hard, 25 easy - fins?) :15 rest
100 kick (50 hard, 50 easy) “
150 kick (75 hard, 75 easy) “
100 kick hard (only lane 4)

work on turns 10 mins

6x50 choice-25 fast/25 easy

Warm down – 5 mins of relaxed swim