

Practice #56–Sprint build&kick(Lanes 3&4)

Warmup: 400 choice

Main Set:

5x50 choice (build – big finish) 1:10

25 easy (1st cycle no free) :30

25 hard :30

50 easy 1:15

50 hard 1:00

75 easy 1:45

75 hard 1:15

50 easy 1:15

50 hard 1:00

repeat from the top for 2nd cycle - free

2x25 sprint kick – fins optional :45

50 easy swim 1:15

2x25 sprint swim :30

50 easy swim 1:15

repeat from top-3 cycles (same stroke/cycle)

Relay turnovers from the blocks

Warm down – 5 mins of relaxed swim