

Practice #58 – Flag-Wall-Flag (Lanes 1&2)

Warmup: 400 choice

6x100 choice 1:45
(drill 25, full 25, drill 25, full 25)

Main Set:

6x75 choice (build – power finish) 1:20

25 easy (1st cycle - choice) :30

25 hard :30

50 easy 1:00

50 hard :45

75 easy 1:30

75 hard 1:00

100 easy 2:00

100 hard 1:15

1 min rest - repeat 2nd cycle - free

Swimmer's choice – Turns

Swimmer's choice – Dives

Relay turnovers from the blocks

Warm down – 5 mins of relaxed swim