

## **Practice #58 – Flag-Wall-Flag (Lanes 3&4)**

**Warmup: 400 choice**

**5x100 choice 2:15**

**(drill 25, full 25, drill 25, full 25)**

**Main Set:**

**5/4x75 choice (build-power finish) 1:30/1:40**

**25 easy (1<sup>st</sup> cycle - choice) :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**

**1 min rest - repeat 2<sup>nd</sup> cycle - free**

**Swimmer's choice – Turns**

**Swimmer's choice – Dives**

**Relay turnovers from the blocks**

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