

Practice # 60 – 75s free/kick (Lanes 1&2)

Warm Up - 400 Choice
- 5/4x100 Free 1:40/1:45
(25 choice, 25 full, 25 choice, 25 full)

Main Set:

8x75 free 1:15/1:20
(3 med, 3 build, 2 hard)

6x75 kick (fins optional) 1:40/1:45
(25 hard, 25 easy, 25 hard)

8x75 free (fins optional) 1:10/1:15
(tight streamline off the turns with power kick - 3 med, 3 build, 2 hard)

4x75 choice 1:20/1:30
(working hard flag-wall-flag)

6x50 choice sprints 1:00

Warm down – 5 mins of relaxed swim