

Practice # 60 – 75s free/kick (Lanes 3&4)

Warm Up - 400 Choice
- 4/3x100 Free 2:00/2:15
(25 choice, 25 full, 25 choice, 25 full)

Main Set:

6x75 free 1:30/1:40
(2 med, 2 build, 2 hard)

6/4x75 kick (fins optional) 2:00/2:15
(25 hard, 25 easy, 25 hard)

6x75 free (fins optional) 1:30/1:40
(tight streamline off the turns with power kick - 2 med, 2 build, 2 hard)

4x75 choice 1:40/1:50
(working hard flag-wall-flag)

5x50 choice sprints 1:10

Warm down – 5 mins of relaxed swim