

Practice # 61 – Steps (Lanes 3&4)

Warmup: 400 choice

5/4x100 drill/swim 2:10/2:30

(25 side glide, 25 full, 25 1-arm, 25 full)

900/800

Main Set:

(1 min rest after every kick set)

6/5x100 IM

70% 2:20/2:45

200 kick

800/700

8x75 free

80% 1:40/2:00

200 kick

800

10/9x50 choice

90% 1:10/1:20

200 kick

**700/650
3200/2950**

Warm down – 5 mins of relaxed swim