

## **Practice # 62 – Tune-up Steps (Lanes 1&2)**

**Warmup: 400 choice**

**16/15x50**

**1:00/1:05**

**(4/3 fly, 4 back, 4 breast, 4 free)**

**Main Set:**

**1 min rest after every mini set**

**2x300/250 free (1<sup>st</sup> easy, 2<sup>nd</sup> build) 4:45**

**(easy effort and count your strokes)**

**3x150 choice (easy, build, hard) 2:30/2:45**

**4/3x100 choice (easy to hard) 2:00/2:10**

**5x75 choice (easy to hard) 1:30/1:40**

**6x50 dives (hard/sprint 25, return easy)**

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