

Practice # 62 – Tune-up Steps (Lanes 3&4)

Warmup: 400 choice

14/12x50

1:10/1:20

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

Main Set:

1 min rest after every mini set

2x250/200 free (1st easy, 2nd build) 5:15

2x150 choice (easy, build, hard) 3:00/3:30

4/3x100 choice (easy to hard) 2:20/2:45

3x75 choice (easy to hard) 1:50/2:00

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

Warm down – 5 mins of relaxed swim