

## **Practice # 64 – 75/100s Choice (Lanes 1&2)**

**Warm Up - 400 Choice**  
**- 3x100 kick 2:15/2:30**  
**(hard 25-easy 25)**

### **Main Set:**

**1 min rest after last 75 and 100.**

**6x75 choice (med, build, hard) 1:15/1:20**

**4/3x100 choice (med, build, hard) 1:40/1:50**  
**(both 75s and 100s descend for PB)**

**Repeat set 3 times with same theme stroke**

**2<sup>nd</sup> cycle add: :5 to 75, :10 to 100s**

**3<sup>rd</sup> cycle add: :10 to 75, :20 to 100s**

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