

Practice # 64 – 75/100s Choice (Lanes 3&4)

Warm Up - 400 Choice
- 3/2x100 kick 2:45/3:00
(hard 25-easy 25)

Main Set:

1 min rest after last 75 and 100.

4x75 choice (med, build, hard) 1:30/1:40

4/3x100 choice (med, build, hard) 2:00/2:20
(both 75s and 100s descend for PB - last)

Repeat set 3 times with same theme stroke

2nd cycle add: :10 to 75 and 100s

3rd cycle add: :20 to 75 and 100s

Warm down – 5 mins of relaxed swim