

Practice # 65 – 200 to 50s (Lanes 1&2)

Warm Up - 400 Choice
- 4x100 kick 2:15/2:30
(hard 25-easy 25)

800

Main Set:

Repeat the 700m set 3 Times
1 min rest between sets

200 Fr (med) 3:30

3x100 IM (build) 2:00

4x50 Fr (hard & efficient) 1:00

3x700

2x300 Fr pull (Paddles/band/PB) 5:00

600
3500

Warm down – 5 mins of relaxed swim