

Practice # 65 – 200 to 50s (Lanes 3&4)

Warm Up - 400/300 Choice
- 3/2x100 kick 2:45/3:15
(hard 25-easy 25)

700/500

Main Set:

200/150 Fr (med) 4:00

2x100 IM (build) 2:10/2:30

4/3x50 Fr (hard & efficient) 1:15

600/400

1 min rest, regroup, repeat set 3 times

2nd cycle add: :10 to 200/150/100s

600/400

3rd cycle add: :20 to 200/150/100s

600/400

2x200 Fr pull (Paddles/band/PB) 4:00/4:30

400
2900/2100

Warm down – 5 mins of relaxed swim