

Practice # 70 - Fly fins (Lanes 3 & 4)

Warm Up - 400 Choice

- 3/2x100 fly kick 2:45/3:30

Main Set:

5/4x50 Fly drill with fins 1:10/1:30
(15m underwater dolphin kick, 35 fly)

4x75 Fly 1:45/2:15
(25 full, 25 1-arm, 25 optional)

6/5x100 Choice 2:15/2:45

6/5x150 Mod IM 3:15/4:00
(ie. 50 fly, 50 bk, 50 br - 50 fr, 50 fly, 50 bk
or all 150s – 50 bk, 50 br, 50 free)

Warm down – 5 mins of relaxed swim