

# Practice # 72 – Iain’s 1500 Set (Lanes 1 & 2)

## Warm Up

300m DPS

200m Pull

100m kick

8 x 50m on 1:00 with fins

Odds 25m underwater /25m scull

Evens drill/swim by 25

(catch up, finger drag,

pit touch, thigh brush)

1000

## W/U Set:

6 x 100m IM on 2:00/2:10

600

## Main Set:

Three rounds of:

1 x 100m build on 2:00

3 x 100m hard on 1:30/1:40/1:50

(5-10 R.I.)

1 x 100m easy

1500

## COOL DOWN:

Swim OYO

Total = 3100 + cool down

# Practice # 72 – Iain’s 1500 Set (Lanes 3 & 4)

## Warm Up

200m DPS

200m Pull

100m kick

6 x 50m on 1:15 with fins

Odds 25m underwater /25m scull

Evens drill/swim by 25

(catch up, finger drag,

pit touch, thigh brush)

800

## W/U Set:

4 x 100m IM on 2:20/2:30

400

## Main Set:

Three rounds of:

1 x 100m build on 2:20

2 x 100m hard on 2:00/2:10/2:20

(5-10 R.I.)

1 x 100m easy

1200

## COOL DOWN:

Swim OYO

Total = 2400 + cool down