

Practice # 80 – 75s free/choice (Lanes 1&2)

Warm Up - 400 Choice

Main Set:

1. 8x75 free 1:10/1:15
(smooth, efficient, & strong)
(descend 1 to 4)

2. 2x200/150 kick 4:15/3:45

3. 8x75 Mod IM or choice 1:20/1:30
(descend 1 to 4)

- Fly, Bk, Br**
- Bk, Br, Fr**
- Br, Fr, Fly**
- Fr, Fly, Bk**
- Repeat Cycle**

Repeat steps 1, 2 & 3 for a 2nd set

Warm down - 5 mins of relaxed swim