

Practice # 80 – 75s free/choice (Lanes 3&4)

Warm Up - 400 Choice

Main Set:

- 1. 8/6x75 free 1:30/1:40**
(smooth, efficient, & strong)

- 2.a. Intro to IM turns**
- 2.b. 200/150 kick 1 min rest**

- 3. 6/5x75 Mod IM or choice 1:40/2:00**
 - Fly, Bk, Br**
 - Bk, Br, Fr**
 - Br, Fr, Fly**
 - Fr, Fly, Bk**
 - Fly, Bk, Br (lane 4 stops)**
 - Bk, Br, Fr**

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

Warm down - 5 mins of relaxed swim