

Practice #104 – 50 free/100 choice steps (LC)

Warm up - 400 Choice
- 2/3x100 kick :15 rest

Main Set:

4x50 easy-1x50 hard free 1:05/:55

3x50 easy-2x50 hard free “

2x50 easy-2/3x50 hard free “

1x50 easy-3/4x50 hard free “

1 min rest and regroup

3x100 easy-1x100 hard choice 2:10/2:00

2x100 easy-2x100 hard choice “

1x100 easy-3x100 hard choice “

400/500 free interval pace
(count strokes and think stroke efficiency)

Warm down – 5 mins of relaxed swim