

## Practice #105 – 50/100 steps (Lanes 1&2)

**Warm up - 400 Choice**  
**- 4x100 kick** **2:15/2:30**  
800

### **Main Set:**

**4x50 easy-1x50 hard free** **:50/:55**  
**3x50 easy-2x50 hard free** **:50/:55**  
**2x50 easy-3x50 hard free** **:50/:55**  
**1x50 easy-4x50 hard free** **:50/:55**  
1000

**1 min rest and regroup**

**3x100 easy-1x100 hard IM** **1:50/2:00**  
**2x100 easy-2x100 hard IM** **1:50/2:00**  
**1x100 easy-3x100 hard IM** **1:50/2:00**  
1200

**400 free pull buoy, band and paddles** **6:00**  
**(think stroke efficiency)**

400  
3400

**Warm down – 5 mins of relaxed swim**