

Practice # 30 - Fly fins (Lanes 3 & 4)

Warm Up - 400 choice

- 3x100 free/fly kick 2:45/3:00

Main Set:

8/7x50 fly (fins optional) 1:05/1:15

10 underwater kick, 35 fly or 1-arm or free

6/4x75 fly or free (fins optional) 1:40/2:00

(25 fly/free drill, 25 1-arm, 25 optional)

50 free easy

3x200/150 free

3:45 (or :15 rest)

150 kick

regroup

5/4x100 IM or choice

2:10/2:30

Warm down – 5 mins of relaxed swim