

Practice # 34 - BR/IM (Lanes 3 & 4)

Warm Up - 400 Choice Stroke

- 4x50 br sculling 1:30

Main Set:

4/3x100 breast (1st 2 drill-rest full) 2:20/2:45

drill: 2 kicks for every pull, feel kick & glide

full: work on timing of kick, arms & glide

in order to max the kick and glide fwd

3/2x150 (50 fr/50 br/50 fr) 3:30/4:30

4/3x100 kick 2:45/3:15

300 MOD IM (easy) 7:00

(100 bk, 100 br, 100 fr)

150 MOD IM (build) 3:30

100 IM (hard) for time

Warm down – 5 mins of relaxed swim