

Practice # 41 – IM/Free (Lanes 1 & 2)

Warm Up - 400 Choice

- 4x100 Free 1:45/1:50

(choice drill down, return full)

Main Set:

Combine steps 1, 2, 3, and 4 for complete set and repeat.

1. 8x50: 1. 50 Fly 1:00/1:05

2. 25 Fly/25 Bk

3. 50 Bk

4. 25 Bk/25 Br

5. 50 Br

6. 25 Br/25 Fr

7. 50 Fr

8. 25 Fr/25 Fly

2. 2x200/150 Fr 3:15/2:30

3. 150 Kick :15 rest

4. 300/250 Fr (pull optional) 1 min rest

Warm down - 5 mins of relaxed swim