

## Practice # 5 – 200s/50s/100s (Lanes 3&4)

Warm Up: 300m choice

Set 1 (still warming up): 3 x 100 free @ 2:15

ALL LOOOOOONNNNG WALLs

Set 2 (warming still ...): 3 x 100 kick with Fins @

2:30(3:00 w/o fins) - ALL LOOOOOONNNNG WALLs

Set 3: 2 x 200m Free @ 4:30

BIG Neg Split

Set 4: 8 x 50m Free @1:15

1 x drill or Skill, 1 x swim 80%

Set 5: 4 x 100 pull @ 2:00 (Desc 1-4)

Set 6: 16 x 25m @ 1:15 (4 Rnds IMO [4xFly, 4xBk, etc])

1 – begin smooth, last 15 m fast + a turn

1 – first 15 m fast, remainder smooth

1 – all smooth

1 – all fast

Cool Down

Total = 2500m plus cool down

Warm Up: 400m choice

## Practice # 5 – 200s/50s/100s (Lanes 1&2)

Set 1 (still warming up): 4 x 100 free @ 2:00

ALL LOOOOOONNNNG WALLs

Set 2 (warming still ...): 4 x 100 kick with Fins @

2:00(2:30 w/o fins) - ALL LOOOOOONNNNG WALLs

Set 3: 2 x 200m Free @ 4:00

BIG Neg Split

Set 4: 16 x 50m Free @1:00

1 x drill or Skill

1 x swim 80%

Set 5: 4 x 100 pull @1:45/2:00 (Desc 1-4)

Set 6: 16 x 25m @ 1:00 (4 Rnds IMO [4xFly, 4xBk, etc])

1 – begin smooth, last 15 m fast + a turn

1 – first 15 m fast, remainder smooth

1 – all smooth

1 – all fast

Cool Down

Total = 3200 plus cool down