

## Practice # 53 – Free Turns/Dives (Lanes 1&2)

**Warm Up - 400 Choice**

**- 5/4x100 Choice 1:50/2:10**

**(25 scull, 25 full, 25 scull, 25 full)**

**Main Set:**

**3x150 free**

**2:20/2:40**

**(med, build, hard)**

**6x75 Mod IM**

**1:30/1:40**

**(2 med, 2 build, 2 hard)**

**6x50 choice**

**1:00**

**(2 med, 2 build, 2 hard)**

**Long distance free swim in lanes 3 & 4**

**Lanes 1 & 2 – turns and dives**

**Start midway down the pool-work 8 turns**

**(2x4 strokes, or 4x2 strokes, or all 8 same)**

**8 dives: 1<sup>st</sup> 2 only dive, next 2 dive with**

**kick, next 2 full dive with 4 strokes**

**and last 2 full 25s for time**

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