

Practice # 54 – Sprints w/ turns (Lanes 1&2)

Warmup: 400 choice

12/11x50

1:00/1:05

(4 fly or back, 4 back or breast, 4/3 free)

Main Set:

5x150 choice

2:45/3:00

(50 kick (no board), 50 drill, 50 full)

3x75 sprint

1:15/1:20

125/75 easy

2:15/2:00

3x75 sprint

1:10/1:15

75 easy

2:00/1:45

3x75 sprint

1:05/1:10

100 easy

5x50 off the blocks

(sprint 30 w/ quality turn, easy 20)

Warm down – 5 mins of relaxed swim