

## Practice # 55 – 200 to 50 Choice (Lanes 1&2)

**Warm Up - 400 Choice**  
**- 5/4x100 swim 1:40/1:50**  
**(25 choice drill, 25 full, 25 drill, 25 full)**

### **Main Set:**

**200 free (stroke efficiency) 3:00/3:15**

**3x100 free (build,hard,time) 1:30/1:45**

**3/2x50 free (build,hard,time) :45**

**2x100 choice (build,hard) 1:45/2:00**

**3/2x50 choice (build,hard,time) :50**

**2x100 choice (build,hard) 1:45/2:00**

**50 kick (25 hard, 25 easy - fins?) 1:05**

**100 kick (50 hard, 50 easy) 2:10/2:25**

**150 kick (75 hard, 75 easy) 3:15/3:30**

**100 kick hard**

**75 easy swim & stretch**

**6x50 choice-25 fast/25 easy**

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