

## Practice # 57 – 50 Hard/100 Med (Lanes 1&2)

**Warm Up - 400 Choice**  
**- 5/4x150 swim 2:20/2:30**  
**(50 kick/drill, 50 catch-up, 50 full)**

### **Main Set:**

<b>5/4x50 swim (sprint)</b>	<b>1:00</b>
<b>4x100 free (stretch &amp; count)</b>	<b>1:45/2:00</b>
<b>:30 rest, regroup and repeat</b>	
<b>50 swim (sprint mini-set fins?)</b>	<b>:40/:45</b>
<b>100 easy</b>	<b>2:05/2:00</b>
<b>2x25 swim (for time)</b>	<b>:20/:25</b>
<b>100 easy</b>	<b>2:05/1:55</b>
<b>25 swim (don't slow down)</b>	<b>:15</b>
<b>75 easy</b>	<b>2:00</b>
<b>repeat</b>	

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