

## Practice # 57 – 50 Hard/100 Med (Lanes 3&4)

**Warm Up - 400 Choice**  
**- 5/4x100 swim 2:15/2:30**  
**(25 kick/drill, 25 catch-up, 50 full)**

### **Main Set:**

**3/4x50 swim (hard) 1:10/1:15**  
**4/3x100 free (stretch & count) 2:15/2:30**  
**regroup and repeat**

**50 swim (sprint mini-set fins?) :50/1:00**  
**100 easy 2:25/2:15**  
**25 swim (don't slow down) :20/:30**  
**100 easy 2:25/2:15**  
**25 swim (don't slow down) :15**  
**50 easy 2:00**  
**repeat**

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