

Practice # 6 – Iain’s 50x50s (Lanes 1&2)

Warm Up

- **400 Choice – mix it up**
- **100 Scull with Pull Buoy**
- **100 Kick**
- **2x100 Drill/Free by 25s**

Finger Drag, catch-up

800

50 X 50s

1. 12 x 50 @ 1:00 FINS OPTIONAL

3 x IMO - ALL TECHNIQUE

2. 12 x 50 PULL @ 1:00 PADDLES

OPTIONAL

4 x DESC 1- 3

3. 4 ROUNDS OF 5 x 50

3 x Hold Fast Speed @:45

2 x Recovery @1:15

4. COOL DOWN - 6 x 50 @ 1:00

2500

Total 3300

Practice # 6 – Iain’s 50x50s (Lanes 3&4)

Warm Up

- **300 Choice – mix it up**
- **100 Scull with Pull Buoy**
- **100 Kick**
- **2x100 Drill/Free by 25s**

Finger Drag, catch-up

700

40 X 50s

- 1. 10 x 50 @ 1:15 FINS OPTIONAL**
2 x IMO + 2 CHOICE - TECHNIQUE
- 2. 10 x 50 PULL @ 1:15 PADDLES**
OPTIONAL
3 x DESC 1- 3, + 1 ez at end
- 3. 3 ROUNDS OF 5 x 50**
3 x Hold Fast Speed @1:00
2 x Recovery @1:30
- 4. COOL DOWN - 5 x 50 @ 1:15**

2000

Total 2700