

Practice # 61 – Steps (Lanes 1&2)

Warmup: 400 choice

6/5x100 swim/drill 1:50/2:00

(25 side glide, 25 full, 25 1-arm, 25 full)

1000/900

Main Set:

(1 min rest after every kick set)

8/7x100 IM 70% 2:00/2:10

200 kick

1000/900

10x75 free 80% 1:20/1:30

200 kick

950

10/9x50 choice 90% 1:00/1:05

200 kick

**700/650
3650/3400**

Warm down – 5 mins of relaxed swim