

## Practice # 63 – Sprint 50-25s (Lanes 1&2)

**Warmup: 400 choice**

**12/11x50**

**1:00/1:05**

**(4 fly or back, 4 back or breast, 4/3 free)**

**Main Set:**

**50 choice sprint :45**

**50 easy 1:15**

**2x50 sprint :45**

**100 easy 2:30**

**repeat from the top for 2<sup>nd</sup> cycle**

**300 free (stretch & count strokes) 4:45/5:00**

**200 free (build - efficient stroke)**

**25 choice sprint :20**

**25 easy :40**

**2x25 sprint :20**

**50 easy 1:20**

**repeat from the top for a total of 4 cycles**

**6x50 dives (hard/sprint 25, return easy)**

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