

Practice # 70 - Fly fins (Lanes 1 & 2)

Warm Up - 400 Choice

- 4x100 free/fly kick 2:15/2:30

Main Set:

6/5x50 Fly with fins 1:00/1:05
(15 underwater dolphin kick, 35 fly)

6x75 Fly (fins optional) 1:20/1:30
(25 full, 25 1-arm, 25 optional)

8/7x100 Choice 1:45/2:00

8/7x150 Mod IM 2:45/3:00
(ie. 50 fly, 50 bk, 50 br - 50 fr, 50 fly, 50 bk
or all 150s – 50 bk, 50 br, 50 free)

Warm down – 5 mins of relaxed swim