

Practice # 82 – Time Trials (Lanes 3&4)

Warm Up - 400 Choice
- 5/4x150 swim 3:15/3:45
(50 kick or drill, 50 catch-up, 50 full)

Main Set:

Time Trials:

Lanes 2, 3, and 4 – timed swims

Lanes 1, and 5 – warm-up/cool-down

Heat #1 50 Choice

Heat #2 100 Choice

Heat #3 50 Choice

Heat #4 100 Choice

Heat #5 50 Choice

Warm down – 5 mins of relaxed swim