

**April 16, 2021, practice**

**Warmup on own for 5-10 minutes**

**Warmup - 450**

3 x 50 - drill/swim free

3 x 50 - kick

3 x 50 - drill/swim stroke

**Stroke set - 1,200**

3x (all should be strong and steady. (Take extra rest after the second 100 back/breast)

100 IM

100 back or breast

100 reverse IM

100 back or breast

**Free set - 900**

100 - easy

200 - moderate

300 - moderate/fast

200 - moderate

100 - easy

Cooldown

Total: 2,550