

April 23, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 450

3 x 50 - kick/swim

3 x 50 - drill/swim

3 x 50 - build

Main set - 1,500

Strong and steady.

Put these on an interval, one for free, another one for IM (such as 30 seconds per 25 for the IMs)

50 - free

100 - free

150 - free

200 - free

250 - free

250 - IM - 1 fly, 2 back, 3 breast, 4 free

200 - IM

150 - IM, no free

100 - IM

50 - stroke

50 easy

Sprint set - 450

6 x

25 fast/50 easy — mix up your strokes for the fast 25s.

Cooldown

Total: 2,450