

March 12, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 500

6 x 50 - drill/swim

4 x 50 build

Main set - 1,200

300 free medium

4 x 50 free - Interval

200 free ez

4 x 50 free Interval -5 seconds

100 free ez

4 x 50 Interval -10 seconds (you should be sprinting with very little rest and you should be cursing me on these)

50 ez

Stroke set - 750

3x

100 IM

3 x 50 stroke (you can rotate through fly/back/breast or do 3 fly, then 3 back, then 3 breast)

Cooldown

Total: 2500