

March 19, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 300

4 x 75 drill

1st 25 - right arm

2nd 25 - left arm

3rd 25 - choice of drill

Free set - 1,200

4x

150 moderate

2 x 50 fast

1 x 50 ez

Kick set - 300

4 x 75 kick - build by 25

50 ez

IM set - 600

8 x 75 Rolling IMs, done a little differently:

Fly/back/fly

Back/breast/back

Breast/free/breast

Free/fly/free

Cooldown

Total: 2,450