

May 21, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 450

6 x 75:

1-2 — kick, building by 25

3-4 — drill: right arm, left arm, swim

5-6 — build

Free pyramid set - 1,200

75 - middle 25 fast

150 - middle 50 fast

225 - middle 75 fast

300 - middle 100 fast

225 - last 75 fast

150 - last 50 fast

75 - last 25 fast

EZ 50

IM pyramid set - 500

25 — free

50 — 25 free/25 breast

75 — 25 free/25 breast/25 back

100 reverse IM

100 regular IM

75 — 25 fly/25 back/25 breast

50 — 25 fly/25 back

25 — fly

200 stretch-out

Cooldown

Total: 2,400, plus your personal warmup and cool down