

**May 28, 2021, practice**

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

**Warmup - 500**

4 x 75 - kick/drill./swim

4 x 50 - build

**Freestyle set - 1,000**

3 x 100 free — on an interval

50 ez

3 x 100 — interval -5 seconds

50 ez

3 x 100 free — interval - 10 seconds

**100 easy**

**Sprint set - 400**

16 x 25 (4 for each stroke)

Odd - sprint

Even - ez

**Kick set - 400**

1 set for each stroke

2 x 25 - easy/medium

1 x 50 - fast

Cooldown

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