

April 2, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 600

3 x 50 drill (one six-beat kick, one catchup stroke, one fist)

3 x 50 kick

3 x 50 drill (one six-beat kick, one catch-up stroke, one fist)

3 x 50 build

Main set - 1,600

2x (first time the 50s are fast, second time the 200s are fast).

200 free

4 x 50 free

200 IM

4 x 50 stroke

50 easy

Kick set - 300

6 x 50 kick

Fast first 25 and off the wall, then easy back

Cooldown

Total: 2,550 (plus your warmup and cooldown)