

April 9, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 500

6 x 50 drill/swim (2 6-beat kick, 2 fist, 1 left arm, 1 right arm)

4 x 50 build

Main set - 1,500

3 x

200 free

100 IM

3 x 50 (50 dolphin, 50 back, 50 breast)

50 ez

Kick set - 400

4 x (one set for each stroke)

2 x 25 moderate

1 x 50 fast

Cooldown

Total: 2,400