

June 4, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 400

8 x 50 - drill/swim

2 each — 6-beat kick, right arm, left arm, fist drill

Main set - 1,500

On the way up, the 100s and 200 are fast

On the way down, the 50s and 150s are fast

These are choice: You could do all free, you could do free on the way up, stroke on the way down. You could do all backstroke. You could make all the 50s one stroke, the 100s another stroke or IM, etc. The choice is yours.

50

50, 100

50, 100, 150

50, 100, 150, 200

150, 100, 50

100, 50

50

100 easy

Kick set - 400

8 x 50 kick

2 of each stroke: one hard, one easy

Cooldown

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