

June 11, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 450

6 x 75 kick/drill/swim

Main set - 1,600

These are all strong and steady, except for the sprints

4 x 175 - free

4 x 125 - rolling IMs (50 fly for the first one, 50 back for the second, etc.)

4 x 75 - one non-free stroke

4 x 25 - sprint choice (take extra rest between these)

50 easy

Kick set - 450

6 x 75 kick - build

Odd - flutter

Even - non-flutter

Cooldown

Total: 2,550, plus your personal warmup and cool down