

June 18, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 500

4 x 75 kick/drill/swim

4 x 50 build

Main set - 1,200

150 free

4 x 25 fly fast

50 easy

150 IM - no free

4 x 25 back fast

50 easy

150 free

4 x 25 breast fast

50 easy

150 stroke

4 x 25 free fast

50 easy

OR

Main set - 1,800

3x

300 free

4 x 75 - rolling IM

50 easy

Kick set - 400

4 x (2 x 25 - moderate/1 x 50 - fast)

Cooldown

Total: 2,100 or 2,700, plus your personal warmup and cool down