

March 26, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 400

8 x 50

Odd - drill/swim

Even - build

Main set - 1,400

300 free - strong and steady

3 x 100 free - faster than the pace you just held, 15-second rest interval

50 ez

200 choice strong and steady

2 x 100 choice, but the same stroke as your 200. Faster than the pace you just held, 10-second rest interval.

50 ez

100 choice, but a different choice. Strong and steady

2 x 50 - faster than the pace you just held. 5-second rest interval

4 x 25 - even faster. 10-second rest interval.

200 stretch-out, either free or back

Kick set - 400

4 x 100 kick — one of each stroke

Cooldown

Total: 2,400