

May 14, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 500

4 x 75 - kick/drill/swim (mix up your strokes)

4 x 50 build (you might want to mix up your strokes on these, too)

Main fast set - 1,200

8 x 100 fast, each followed by a 50 ez

100 free, 50 ez

100 back, 50 ez

100 free, 50 ez

100 breast, 50 ez

100 free, 50 ez

100 fly (or back or breast), 50 ez

100 free, 50 ez

100 IM, 50 ez

200 stretch-out

Sprint kicking set - 450

6 x (25 fast kick/50 ez kick)

Odds - flutter

Even — non-flutter

Cooldown

Total: 2,350, plus your personal warmup and cool down