

Practice # 33 - BR/IM (Lanes 1 & 2)

Warm Up - 400 Choice Stroke

- 2x200 br or fr kick 4:15/4:30

Main Set:

6x100 breast (1st 3 drill-rest full) 1:50/2:00

drill: 2 kicks for every pull, feel kick & glide

full: work on timing of kick, arms & glide

in order to max the kick and glide fwd

5x200 (50 fr/100 br/50 fr) 3:30/3:45

7x100 IM Mix: 50 fly/50 bk 1:50/2:00

100 bk “

50 bk/50 br “

100 br “

50 br/50 fr “

100 free “

50 fr/50 fly “

Warm down – 5 mins of relaxed swim