

**Practice # 40 – IM (Lanes 3 & 4)**

**Warm Up - 400/300 Choice**

**- 4/3x100 Kick                    2:00/2:20**

**Main Set:**

**7x50:            1. 25 Fly/25 Bk                    1:10/1:15**

**2. 50 Bk**

**3. 25 Bk/25 Br**

**4. 50 Br**

**5. 25 Br/25 Fr**

**6. 50 Fr**

**7. 25 Fr/25 Fly**

**1 min rest – repeat set switching 100m**

**6/5x100:    1. 100 Bk                            2:20/2:30**

**2. 50 Bk/50 Br**

**3. 100 Br.....**

**3x200 Free (pull)                    4:30 (descend)**

**3x200 Free (fins)                    4:30 (descend)**

**Cool down - 5 mins relaxed swim (2950m)**