Maintenance Practice

1 x 400 - 50 free / 50 stroke (K/S)

1 x 300 – IM – 50 D / 25 S

8 x 25 @ .30 – 2 each stroke – good underwaters

1 x 100 IM – good underwaters

16 x 25 w/fins@.30 – kick 12 ½ with strong dolfin kicks/swim 12 ½ easy

* 4 free / 4 fly / 4 free / 4 back

4 x 100 free w/20 sec rest – 6 hard dolfin kicks off each wall

6 x 50 back w/10 sec rest – 6 hard dolfin kicks off each wall

4 x 75 breast stroke w/20 sec rest – strong pull outs – make sure to take strong dolfin kick on each pull out

8 x 25 fly w/10 sec rest – 6 hard dolfin kicks off each wall

1 x 100 easy swim