**Maintenance practice**

1 x 800 – 200 S / 200 P / 200 K / 200 S

4 x 75 w/20 sec rest – kick free

3 x 200 IM w/20 sec rest – 1 K/S – 2 D/S – 3 swim

4 x 50 w/10 sec rest – kick stroke (all same)

4 x 100 w/20 sec rest – 1 each stroke – 50 D / 50 S

4 x 25 w/10 sec rest – kick free

4 x 50 w/10 sec rest – free – negative split – 6 hard dolfin kicks off each wall

1 x 50 kick choice all out fast

1 x 50 swim choice all out fast

1 x 200 easy