**Maintenance practice**

1 x 600 – 100 free / 50 stroke IM order (K/S)

1 x 400 IM – D / S / D / S

4 x 50 w/10 sec rest – 1 each – negative split w/good underwaters

8 x 50 kick w/10 sec rest – 1 each stroke x 2

6 x 100 w/20 sec rest – IM swim

24 x 25 w/10 sec rest – 3 fly/3 bk/3 brst/3 free – 2 fly / 2 bk / 2 brst 2 free – 1 fly / 1 bk / 1 brst / 1 free

1 x 200 EZ