**Maintenance practice**

3 x 300 w/20 sec rest – 1 x 75 free / 25 stroke – 2 x pull – 75 free / 25 breast – 3 x IM – K / D / S

3 x 200 w/20 sec rest – 1 kick free / 2 kick back / 3 kick breast or fly (on back)

12 x 25 free w/10 sec rest – 4 sets of 3 descend w/6 hard dolfin kicks off each wall and no breathing into finish

4 x 50 free w/10 sec rest – 25 D / 25 build

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

4 x 50 back w/10 sec rest – 25 D / 25 build

4 x 75 back w/15 sec rest – 4 hard dolfin kicks off each wall

1 x 100 easy