

# Makeup Practice

400 warm-up 100 swim/100 drill x 2

2:00 rest

3 x 500 swim with 2:00 rest b/w each 500

#1 build each 100

#2 descend from 1st 100 to 5th 100

#3 pace

2:00 rest

8 x 50 swim with 20 sec's rest

odd #'s build each 50 to fast

even #'s pace and count your strokes and attempt to make each on the same

100 easy warm-down

total 2,400