

Practice # 10 – Choice/Fr Mix (Lanes 1 & 2)

- Warm Up**
- 400 Choice – mix it up
 - 100 Scull with Pull Buoy
 - 200 Kick
 - 3x100 Drill/Free by 25s
1-arm, catch-up, sideglide
- 1000

Main Set:

400 Fr (Paddles/PB pull)	70%	6:00/6:15
4x100 Free	med	1:45/1:50
		800
300 Fr (Paddles/PB pull)	80%	4:45/5:00
3x100 Free	build	1:50/2:00
		600
200 Fr (Paddles/PB pull)	90%	3:15/3:30
2x100 Free	hard	2:00/2:10
		400
100 Fr (Paddles/PB pull)	95%	3:15/3:30
1x100 Free	hard	2:00/2:10
		200
8x50 Free	hard	1:00
		<u>400</u>
		3500

Warm down – 5 mins of relaxed swim