

# **Practice # 100 - Multi 50/100s-Fr-Ch-IM (LC)**

**Warm Up - 400 Choice**  
**- 2/3x100 kick :15 rest**  
**(switch lanes at 0615)**

## **Main Set:**

**6/7x100 free 2:00/1:45**  
**(1<sup>st</sup> 20-40m drill, remainder full free)**  
**1<sup>st</sup> 2 - side stroke, 2 - 1 arm, 2/3 - catch-up**

**6/7x100 IM/choice 2:15/2:00**

**14/16x50 (2/4 fly, 4 bk, 4 br, 4 fr) 1:15/1:05**  
**(after each set of 4, add :15/10 & re-start)**

**Lane #1 – 200 IM (for time)**

**Lane #2 – 400 IM (for time)**

**Warm down – 5 mins of relaxed swim**