

## Practice # 102 – Long free (LC)

**Warm Up - 400 Choice**

**- 4x100 free drill 1:50**

**(25 drill, 25 full, 25 full, 25 full)**

**(switch lanes at 0615)**

**Main Set:**

**500/600 free followed by 100/200 kick  
each cycle will repeat every 15 min.**

**At the 14 min mark-finish cycle&regroup**

**Repeat cycle 3 times**

**Multi 50s till 0715 (choice) 1:15/1:05**

**Smooth efficient stroke**

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