

Practice # 11 – Free Drills (Lanes 1&2)

Warm Up - 400 Choice
- 4x100 kick **2:15/2:30**
800

Main Set:

8x100 free drills each one twice 1:50/2:00
(25 drill, 25 full, 25 drill, 25 full)

Drills: Catch-up, Sideglide, 1-arm, scull
800

8x75 free **1:15/1:20**

Think about stroke count and turns
600

4x50 theme swim **1:00**

2x100 IM **1:50/2:00**

(repeat set 3 times with theme swims as:

1st cycle fly, 2nd back, 3rd breast)

1 min rest between cycles

1200

Warm down – 400 pull/paddles then some relaxed swim

400
3800