

## Practice # 12 – Fr/IM Mix (Lanes 1 & 2)

**Warm Up - 400 Choice**

**- 4x100 kick**

**(50 hard/50 easy mix)**

800

**Intro Set:**

**6x100 drills**

**2:00**

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

**Scull/Sideglide/Single Arm/Scull**

**Catchup/Finger Drag**

600

**Main Set:**

**400 free (pull paddles PB) 70%**

**6:00/6:30**

**4x100 IM (med)**

**1:50/2:00**

800

**300 free (pull paddles PB) 80%**

**4:45/5:00**

**3x100 IM (build)**

**1:50/2:00**

600

**200 free (pull paddles PB) 90%**

**3:15/3:30**

**2x100 IM (hard)**

**2:00/2:10**

400

**100 free (pull paddles PB) 100%**

**1:50/2:00**

**100 IM (time)**

**2:00/2:10**

200

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

3400