

Practice # 13 – Free Drills (Lanes 1&2)

Warm Up - 400 Choice
- 6x75 free 1:30
(25 kick with board, 25 drill, and 25 full)
Drill - Catchup, Sideglide, 1-arm repeat

850

Main Set:

4x50 easy-1x50 hard free :55/:60
3x50 easy-2x50 hard free :55/:60
2x50 easy-3x50 hard free :55/:60

750

4x100 kick 2:15/2:30

400

6x100 IM 1:50/2:00

600

3x400 free (Paddles, Pull Buoy) 6:30/7:00

1200
3800

Warm down - 5 mins of relaxed swim