

## Practice # 13 – Free Drills (Lanes 3&4)

**Warm Up - 400 Choice**  
**- 5/4x75 free 1:45/2:00**

**(25 kick with board, 25 drill, and 25 full)**

**Drill - Catchup, Sideglide, 1-arm repeat**

**775/700**

### **Main Set:**

**4x50 easy-1x50 hard free 1:00/1:10**

**3x50 easy-1x50 hard free 1:00/1:10**

**2x50 easy-2/1x50 hard free 1:00/1:10**

**650/600**

**4/3x100 kick 2:45/3:00**

**400/300**

**4/3x100 IM 2:10/2:30**

**400/300**

**400 free (Paddles, Pull Buoy) 7:00/8:00**

**400  
2625/2300**

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