

Practice # 17 – Keith's Hard 100 Free
Workout (Lanes 1&2)

- Warm Up**
- **400 Choice – mix it up**
 - **100 Scull with Pull Buoy**
 - **200 Kick**
 - **3x100 Drill/Free by 25s**
1-arm, catch-up, sideglide
- 1000

Main Set:

3x100 Free hard	1:40/1:45
50 Fr (easy)	1:30
3x100 Free hard	1:40/1:45
50 Fr (easy)	1:30
3x100 Free hard	1:40/1:45
50 Fr (easy)	1:30
3x100 Free hard	1:40/1:45
50 Fr (easy)	1:30
	1400
3x 300 Fr (Paddles, Band& P Buoy)	5:30
	900
5x100 IM	2:00/2:10
	<u>500</u> 3800

Warm down - 5 mins of relaxed swim