

Practice # 17 – Keith's Hard 100 Free
Workout (Lanes 3&4)

- Warm Up**
- 300 Choice – mix it up
 - 100 Scull with Pull Buoy
 - 200 Kick
 - 2x100 Drill/Free by 25s
1-arm, catch-up

800

Main Set:

3x100 Free hard	2:00/2:05
50 Fr (easy)	1:30
3x100 Free hard	2:00/2:05
50 Fr (easy)	1:30
3x100 Free hard	2:00/2:05
50 Fr (easy)	1:30
	1050
2x 300 Fr (Paddles, Band& P Buoy)	5:30
	600
5x100 IM	2:30/2:45
	<u>500</u>
	2950

Warm down - 5 mins of relaxed swim