

Practice # 18 – Pre-WMG 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:

6x100 Free (descend 1-3)	1:40/1:45
300 Pull (Pullbuoy & Paddles)	5:00/5:30
	900
6x100 IM (descend 1-3)	2:00/2:10
300 Pull (Pullbuoy & Paddles)	5:00/5:30
	900
6x100 Free (descend 1-3)	1:40/1:45
300 Pull (Pullbuoy & Paddles)	5:00/5:30
	<u>900</u>
	3700

Warm down - 5 mins of relaxed swim