

Practice # 18 – Pre-WMG 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 & sideglide

800

Main Set:

4x100 Free (descend 1-4) 2:00/2:15

300 Pull (Pullbuoy & Paddles) 6:00/6:30
700

4x100 IM (descend 1-4) 2:30/2:45

300 Pull (Pullbuoy & Paddles) 6:00/6:30
700

4x100 Free (descend 1-4) 2:00/2:15

300 Pull (Pullbuoy & Paddles) 6:00/6:30
700
2900

Warm down - 5 mins of relaxed swim