

Practice # 19 – Dan Smith WO (Lanes 1 & 2)

- Warm Up**
- 100 Fr
 - 200 as 50Br/50Bk
 - 100 Kick
 - 4x50 Drill/Free by 25s
finger tip drag, fist
 - 2x50Fr as 25ez/25fast

700

Main Set:

5x300 Fr (Paddles/PB pull) 5:30/6:00
1500

5x100 Free 1:45/1:50
500

10x50 Free hard 1:00/1:05
500

Warm down

200 relaxed swim

200
3400