

Practice # 19 – Dan Smith WO (Lanes 3 & 4)

- 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:

5x200 Fr (Paddles/PB pull) 4:30/5:00
1000

5x100 Free 2:00/2:15
500

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

Warm down

200 relaxed swim

200
2900