

Practice # 20 – Multi Free (Lanes 1&2)

Warm Up - 400 Choice
- 4x100 kick 2:15/2:30
800

Main Set:

8x100 (Drills) 1:50/2:00
(25 Drill, 25 full, 25 Drill, 25 full)
Drills: Scull, Side glide, 1-arm, Catch-up
- repeat
800

5x150 Mod IM 2:30/2:45
Mod IM 25 Fly/25 Bk/25 Br/75 Fr
50 easy recovery
800

3x300 free (pull/paddles &PB) 4:45/5:15
900
3300

Warm down - 5 mins of relaxed swim