

Practice # 21 – Free/Kick (Lanes 1&2)

Warm Up - 400 Choice
- 5x50 Sculling 1:15

Main Set:

400 free leading right into 150/100 kick
(repeat set 3 times with :30 rest)

4/3x100 IM 1:50/2:00

2x150 IM (Mod IM) 2:45/3:00

400 Choice

Warm down - 5 mins of relaxed stroke