

Practice # 22 – Multi Free (Lanes 1&2)

Warm Up - 400 Choice
- 3x100 kick 2:15/2:30

Main Set:

8/7x100 free drills 1:45/1:50

(25 drill, 25 full, 25 drill, 25 full)

Drills: side glide, 1-arm, and catch-up

Today's theme: reach & steady head

200/150 kick :45 rest & re-group

5/4x150 free or choice 2:20/2:40

Choice can be 2nd stroke or Mod IM

200/150 kick :45 rest & re-group

2x300 free (pull and paddles) 4:45/5:15

Warm down - 5 mins of relaxed swim