

Practice # 23 – Multi Fr/Choice (Lanes 1&2)

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

Main Set:

16x50 swim **1:00/1:05**
(4 fly, 4 back, 4 breast, 4 free)
(1 min rest when changing stroke)
800

2x300 free pull buoy/paddles **4:45/5:00**
(1st med, 2nd build)
600

4x150 free – fins **2:20/2:30**
(easy, med, build, hard)
600

6x100 IM **1:50/2:00**
(build with strong finish – descend set)
600
3400

Warm down - 5 mins of relaxed swim