

Practice # 23 – Multi Fr/Choice (Lanes 3&4)

Warm Up - 400/300 Choice
- 4/3x100 kick 2:45/3:00
800/600

Main Set:

14/13x50 swim 1:10/1:15
(3 fly, 3 back, 3 breast, 5/4 free)
(1 min rest when changing stroke)
700/650

2x250/200 free pull buoy/paddles 4:45
(1st med, 2nd build)
500/400

4/3x150 free – fins 2:45/3:30
(easy, med, build, hard)
600/450

5/4x100 IM 2:00/2:20
(build with strong finish – descend set)
500/400
3100/2500

Warm down - 5 mins of relaxed swim