Practice # 26 – Multi Free (Lanes 1&2)

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

Main Set:

400 free (Paddles, Pull Buoy) 7:00
4x100 IM 2:00
4x50 free :50/:55
1000

300 free (Paddles, Pull Buoy) 5:30
3x100 IM 2:00
4x50 free :50/:55
800

200 free (Paddles, Pull Buoy) 3:30
2x100 IM 2:00
4x50 free :50/:55
600

100 free (Paddles, Pull Buoy) 2:00
1x100 IM 2:00
4x50 free :50/:55
600
3600

Warm down - 5 mins of relaxed swim