

## Practice # 26 – Multi Free (Lanes 3&4)

**Warm Up - 400 Choice**  
**- 3/2x100 kick 2:45/3:15**

### **Main Set:**

**300 free (count strokes) 6:00/6:15**

**3/2x100 choice 2:00/2:10**

**150 kick (hard 25, med 25)**

**300 free (count strokes) 6:00/6:15**

**3/2x100 choice 2:10/2:25**

**150 kick (hard 25, med 25)**

**300 free 6:00/6:15**

**3/2x100 choice 2:20/2:40**

**Warm down - 5 mins of relaxed swim**