

Practice # 28 – Multi Free (Lanes 1&2)

- Warm Up**
- 400 Choice – mix it up
 - 100 Scull with Pull Buoy
 - 200 Kick
 - 3x100 Drill/Free by 25s
1-arm, catch-up, sideglide
- 1000

Main Set:

5x100 Fr	1:55
100 Fr (Paddles, Band& PBuoy)	2:00
	600
4x100 Fr	1:50
200 Fr (Paddles, Band& PBuoy)	3:30
	600
3x100 Fr	1:45
300 Fr (Paddles, Band& PBuoy)	5:00
	600
2x100 Fr	1:40
400 Fr (Paddles, Band& PBuoy)	7:00
	<u>600</u>
	3400

Warm down - 5 mins of relaxed swim