

Practice # 29 – 800 Time Trial (Lane 3&4)

- Warm Up**
- 300 Choice – mix it up
 - 100 Scull with Pull Buoy
 - 200 Kick
 - 2x100 Drill/Free by 25s
1-arm, catch-up

800

Main Set: (1 Min break each 600)

800 Free Time Trial **17:00**

800

4x100 Fr **2:05/2:15**

200 Fr (Pad, Band& PBuoy) **3:45/4:00**

600

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

300 Fr (Pad, Band& PBuoy) **5:30/6:00**

600

2x100 Fr **1:55/2:05**

400 Fr (Pad, Band& PBuoy) **7:15/8:00**

600
3400

Warm down - 5 mins of relaxed swim