

## Practice # 33 - BR/IM (Lanes 1 & 2)

**Warm Up - 400 Choice Stroke**

**- 2x200 br or fr kick      4:15/4:30**

**Main Set:**

**6x100 breast (1<sup>st</sup> 3 drill-rest full)      1:50/2:00**

**drill: 2 kicks for every pull, feel kick & glide**

**full: work on timing of kick, arms & glide**

**in order to max the kick and glide fwd**

**5x200 (50 fr/100 br/50 fr)      3:30/3:45**

**7x100 IM Mix: 50 fly/50 bk      1:50/2:00**

**100 bk      “**

**50 bk/50 br      “**

**100 br      “**

**50 br/50 fr      “**

**100 free      “**

**50 fr/50 fly      “**

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