

Practice # 35 - BR/IM/FR (Lanes 1 & 2)

Warm Up - 400 Choice Stroke
- 5x50 br sculling 1:00/1:05

Main Set:

6x100 br 1:50/2:00
200/150 kick

4x150 (50 bk/50 br/50 fr) 2:40/2:50
200/150 kick

3x200 free 3:00/3:20
200/150 kick

400 IM or free

Warm down – 5 mins of relaxed swim