

Practice # 35 - BR/Mod-IM/FR (Lanes 3 & 4)

Warm Up - 400/300 Choice
- 4x50 br sculling 1:10/1:20

Main Set:

5/4x100 br 2:15/2:30
200/150 kick

4/3x150 (50 bk/50 br/50 fr) 3:00/3:30
100 kick

3x200/150 free 3:40/4:15
100 kick

300 free - interval training
(use the pace clocks and maintain pace)

Warm down – 5 mins of relaxed swim