

# Practice #36 – Back/Breast/Fr (Lanes 1&2)

**Warm up** - 200 Choice  
- 2x100 Kick 2:15/2:30  
- 200 Pull  
- 100 Back  
- 100 Free (build each 25 to fast)

800

## **Main Set:**

**8x25 Back** :30/:35

**4x75 Fly/Back/Free** 1:30/1:40

**300 Pull Free** 4:30/5:00

**8x25 odds Back/evens Breast** :35/:40

1000

**1 min rest and regroup**

**8x50 Rolling IM Fly/Bk Br/Fr** 1:00/1:10

**300 Pull Free** 4:30/5:00

**8x25 odds Back/evens Breast** :35/:40

**6x100 Free descend 1-3 4-6** 1:45/1:50

1500

**1 min rest and regroup**

**200 free pull buoy, band and paddles** 3:00

200  
3500

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