

# Practice #36 – Back/Breast/Fr (Lanes 3&4)

**Warm up** - 200 Choice  
- 100 Kick  
- 200 Pull  
- 100 Free (build each 25 to fast)  
600

## **Main Set:**

**6x25 Back** :40/:45  
**4x75 Fly/Back/Free** 2:00/2:20  
**200 Pull Free** 4:00/5:00  
**6x25 odds Back/evens Breast** :45/:50  
800

**1 min rest and regroup**

**6x50 Rolling IM Fly/Bk Br/Fr** 1:10/1:20  
**200 Pull Free** 4:00/5:00  
**8x25 odds Back/evens Breast** :45/:50  
**3x100 Free descend 1-3** 1:55/2:10  
1000

**1 min rest and regroup**

**200 free pull buoy, band and paddles** 4:00  
200  
2600

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