

## Practice # 41 – IM/Free (Lanes 3 & 4)

**Warm Up - 400 Choice**

**- 4/3x100 Free                    2:00/2:20**

**(choice drill down, return full)**

**Main Set:**

**Combine steps 1, 2, 3, and 4 for complete set and repeat.**

**1. 8x50:    1. 50 Fly                    1:10/1:15**

**2. 25 Fly/25 Bk**

**3. 50 Bk**

**4. 25 Bk/25 Br**

**5. 50 Br**

**6. 25 Br/25 Fr**

**7. 50 Fr**

**8. 25 Fr/25 Fly**

**2. 2x150/100 Fr                    3:00/2:15**

**3. 150/100 Kick                    :15 rest**

**4. 200/150 Fr (pull optional)    1 min rest**

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