

Practice # 44 – IM/Fr (Lanes 1 & 2)

Warm Up - 300 Choice

- 1x100 Kick

- 300 Pull/Paddles/Pull Buoy

- 1x100 Kick

800

Main Set:

4 Times through IM rotation:

25 Fly :45

50 Bk 1:00

75 Br 1:45

100 Fr 1:45/2:00

1000

10x 50Free: 1:00

500

3x200 Pull/Paddles/Pull Buoy 3:30/4:00

600

10x 50Free: 1:00

500

Cool down - 5 mins relaxed swim 3400