

## **Practice # 66 – 75s drill/free/ch (Lanes 3&4)**

**Warm Up - 400 Choice**

**- 4/3x100 free drill 2:15/2:45  
(25 sculling drill - no pull buoy, 25 full)**

**Main Set:**

**4x75 free kick drill 1:45/2:15  
(25 streamline kick, 25 full, 25 kick)**

**4/2x75 1-arm free drill 1:40/2:00  
(25 1-arm, 25 full, 25 1-arm)**

**4x75 free 1:30/1:50  
(remember to apply the drills in stroke)**

**1 min rest, re-group and repeat set  
switching to choice stroke**

**add :15 to kick and :10 for stroke sets**

**Note: if breast, swim full vice 1-arm**

**200 IM**

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