

Practice # 68 –100 Fr-50 Bk/Br (Lanes 3&4)

Warm Up - 300 Choice
- 6x75 Free 1:30

(25 kick with board, 25 drill, and 25 full)

Drill - Catchup, Sideglide, 1-arm repeat

750

Main Set:

3x100 Free (hard) 2:10/2:20

50 (easy) 1:30

3x100 Free (harder) 2:00/2:10

50 (easy) 1:30

3x100 Free (hardest) 1:50/2:00

50 (easy) 1:30

1050

3x50 Back (hard) 1:10

50 easy 1:30

3x50 Breast (hard) 1:15

50 easy 1:30

400

400 free (Paddles, Pull Buoy) 7:30

400

Warm Down - 5 min relaxed swim

2600