

## Practice # 8 – Dan’s 100s (Lanes 1&2)

**Warm Up**      - **300 Choice – mix it up**  
                     - **100 Kick**  
                     - **6x50 Drill/Free by 25s**  
                                 **1-arm, catch-up, sideglide**

700

### **Main Set:**

**12x100 Fr (Paddles, Band & PBuoy) 2:00**

1200

**12x100 Fr (PBuoy or fins) 2:00**

1200

### **Cool Down:**

**8x50 alternating Kick/swim**

400  
3500