

## Practice # 81 - IM/Free (Lanes 1 & 2)

**Warm Up - 400 Choice**

**- 4x100 kick 2:15/2:30**

800

**Main Set:**

**Combine steps 1, 2, 3, and 4 and repeat twice. 1 min rest before you repeat set.**

**1. 5x100: A. 50 Fly/50 Bk 2:00/2:10**

**B. 100 Bk**

**C. 50 Bk/50 Br**

**D. 100 Br**

**E. 50 Br/50 Fr**

**2. 300 Fr (pull buoy/paddles) 5:00/5:30**

**3. 2x150 Free (build) 2:30/2:45**

**4. 3x100 Free (hard) 1:40/1:45**

$$\frac{2 \times 1400 = 2800}{3600}$$

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