

Practice # 81 - IM/Free (Lanes 3 & 4)

Warm Up - 400 Choice

- 3/2x100 kick 2:45/3:00

600/700

Main Set:

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

1. 5x50: A. 25 Fly/25 Bk 1:10/1:20

B. 50 Bk

C. 25 Bk/25 Br

D. 50 Br

E. 25 Br/25 Fr

2. 300 Free (pullbuoy/paddles) 5:30/6:30

3. 2x150 Free (build) 3:00/3:30

4. 200 Free (pullbuoy/paddles) 4:00/4:30

$\frac{2 \times 1050 = 2100}{2600/2700}$

Warm down - 5 mins of relaxed swim