

## Practice # 83 –Free (Lanes 1 & 2)

**Warm Up - 300 Choice**

**- 1x100 Kick**

**- 300 as 25Back/25Breast**

**- 1x100 Kick**

**800**

**Main Set:**

**400 Free Pull/Paddles/Pull Buoy 7:00**

**6x100 Free (Desc 1-3, 4-6) 1:45**

**1000**

**300 Free Pull/Paddles/Pull Buoy 5:00**

**4x100 Free (Desc 1-3, 4 easy) 1:40**

**700**

**200 Free Pull/Paddles/Pull Buoy 3:30**

**3x100 Free (Desc 1-3) 1:40**

**500**

**6x 50 Free 1:00**

**300**

**Cool down**

**100 Fr**

**100 Kick**

**200**

**3500**