

Practice # 83 –Free (Lanes 3 & 4)

Warm Up - 200 Choice

- 1x100 Kick

- 200 as 25Back/25Breast

- 1x100 Kick

600

Main Set:

300 Free Pull/Paddles/Pull Buoy 7:00

4x100 Free (Desc 1-3, 4 easy) 2:00/2:10

700

200 Free Pull/Paddles/Pull Buoy 4:30

3x100 Free (Desc 1-3, 4 easy) 2:00/2:10

500

150 Free Pull/Paddles/Pull Buoy 3:30

2x100 Free (Desc 1-3) 2:00/2:10

350

5x50 Free

1:15

250

Cool down

100 Fr

100 Kick

200

2600