

Practice # 85 –David Dallin's Ultimate 1-Hour
WO (Lanes 1 & 2)

Warm Up - 300 Choice

- 1x100 Kick

- 300 Pull/Paddles/Pull Buoy

- 1x100 Kick

800

Main Set:

6x100 IM (Desc 1-3, 4-6)

2:00

600

2x400 Free Pull/Paddles/Pull Buoy

7:00

800

10x50 Free

1:00

500

Cool down - 5 mins relaxed swim

2500