

Practice # 86 – Dan’s 150s (Lanes 3&4)

Warm Up:

- 100 Free
- 200 kick
- 100 Free
- 8x50 dr/sw - Odds Head Up
Evens Underwater
- 100 kick (hard 25-easy 25)

900

Main Set:

6x150 Fr (50 hard 100 smooth) 3:30

900

3x200 Fr pull (Paddles/band/PB) 4:30

600

Cool down:

200 Fr

200 Kick

400
2900