

Practice # 87 – Dan’s 400 Pull (Lanes 1 & 2)

- Warm Up**
- 100 Fr
 - 200 as 50Br/50Bk
 - 100 Kick
 - 4x50 Dr/Fr by 25s 1-arm, fist, finger drag, catch up
 - 2x50Fr as 25ez/25fast

700

Main Set:

3x400 Fr (Paddles/PB pull)	5:30/6:00
	1200
10x100 Free	1:45/1:50
	1000
6x50 Free hard	1:00/1:05
	300

Warm down

200 relaxed swim

200
3400