

# Practice # 89 – Dan’s 300 Pull (Lanes 1 & 2)

- Warm Up**
- 200 Fr
  - 4x50 Kick
  - 4x50 Dr/Fr by 25s  
underwater free, pause 1
  - 4x50Fr as 15fast/35ez

800

## **Main Set:**

<b>3x300 Fr (Paddles/PB pull)</b>	<b>5:00/5:30</b>
	900
<b>4x150 Fr</b>	<b>2:45/3:00</b>
	600
<b>4x100 Fr (Paddles/PB pull)</b>	<b>1:50/2:00</b>
	400
<b>6x50 Fr</b>	<b>1:00/1:05</b>
	300

## **Warm down**

- 100 Fr
- 100 Kick

200  
3200