

Practice # 9 – Dan’s 50Fr (Lanes 1 & 2)

- Warm Up**
- 200 Free
 - 100 Kick
 - 200 Back
 - 100 Kick
 - 4x50 Dr/Fr by 25s 1-arm, catch-up, sideglide, zipper
 - 200 Free

1000

Main Set:

24x50 Fr (1500 pace) 1:05/1:15

1200

200 ez

200

12x50 Fr (25 hard/25ez) PP option 1:05/1:15

600

Warm down:

100Fr

100 Kick

100 Back

300
3300