

## 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**

1200

### **Warm down:**

**100Fr**

**100 Kick**

**100 Back**

300  
3500