

Practice # 10 – Choice/Fr Mix (Lanes 3 & 4)

- Warm Up**
- 300 Choice – mix it up
 - 100 Scull with Pull Buoy
 - 200 Kick
 - 2x100 Drill/Free by 25s
1-arm & sideglide

800

Main Set:

400/300 Fr (Paddles/PB pull) 70% **:30 rest**
3x100 choice **med** **2:00/2:15**
6/700

300/200 Fr (Paddles/PB pull) 80% **:30 rest**
2x100 choice **build** **2:10/2:30**
4/500

200 Fr (Paddles/PB pull) **90%** **:30 rest**
2/1x100 choice **hard** **2:15/2:45**
3/400

4x50 choice **for time 1:00**

200
2300/2600

Warm down – 5 mins of relaxed swim