

Practice # 11 – Free Drills (Lanes 3&4)

Warm Up - 400 Choice
- 3x100 kick **2:15/2:30**
700

Main Set:

6/5x100 free drills each one twice 2:00/2:20
(25 drill, 25 full, 25 drill, 25 full)
Drills: Catch-up, Sideglide, 1-arm
600

6x75 free **1:30/1:45**
Think about stroke count and turns
450

3/2x50 theme swim **1:05/1:15**
2x100 IM **2:10/2:20**
(repeat set 3 times with theme swims as:
1st cycle fly, 2nd back, 3rd breast)
1 min rest between cycles
1050

Warm down – 400 pull/paddles then some
relaxed swim
400
3200