

Practice # 14 – Free Drills (Lanes 3&4)

Warm Up - 400 Choice
- 5/4x75 free 1:45/2:00
(25 kick-no board, 25 choice drill, 25 full)

Main Set:

Multi 25s free drill as a group:

- a. kick no board – rolls;**
- b. side glides-long&straight body;**
- c. straight free with tight abs&hips;**
- d. hand placement drill (reach&finish);**
- e. max power in every stroke; and**
- f. swim light on the water-consolidate**

3x75 easy-1x75 hard free 1:30/1:40

2x75 easy-2x75 hard free 1:30/1:40

1x75 easy-3/2x75 hard free 1:30/1:40

Warm down - 5 mins of relaxed swim