

Practice # 22 – Multi Free (Lanes 3&4)

Warm Up - 400 Choice
- 3/2x100 kick 2:45/3:15

Main Set:

6/5x100 free drills 2:10/2:30

(25 drill, 25 full, 25 drill, 25 full)

Drills: side glide, 1-arm, and catch-up

Today's theme: reach & press down

200/100 kick :45 rest & re-group

4/3x150 free or choice 3:00/3:30

Choice can be 2nd stroke or Mod IM

200/100 kick :45 rest & re-group

500/300 free (pull and paddles)

Warm down - 5 mins of relaxed swim