

## Practice # 24 – Fr (build) (Lanes 1&2)

**Warm Up** - 400 Choice  
- 4x100 kick **2:30**  
800

### **Main Set:**

**8x50 free (count your strokes) :50/55**  
400

**6x100 free (smooth) 1:45/1:55**  
600

**3x200 free (Build with fins) 3:10/3:30**  
600

**3x300 free (Pull buoy/paddles) 4:45/5:00**  
900  
3300

**Warm down - 5 mins of relaxed swim**