

## **Practice # 25 – Free/Kick (Lanes 1&2)**

**Warm Up - 400 Choice**

**- 8x50 IM rotation 1:00**

**(50 fly, 25 fly-25 back, 50 back, etc)**

**Main Set:**

**400 free leading right into 200/150 kick  
(repeat set 3 times with :30 rest)**

**3x100 IM 1:50/2:00**

**2x200 IM 3:45/4:00**

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