

## **Practice # 25 – Free/Kick (Lanes 3&4)**

**Warm Up - 400 Choice**

**- 7/6x50 IM rotation 1:05/1:10  
(50 fly, 25 fly-25 back, 50 back, etc)**

**Main Set:**

**350/300 free leading right into 150/100  
kick (repeat set 3 times with :30 rest)**

**3/2x100 IM 2:10/2:30**

**2x150 Mod IM 3:15/3:45**

**(50 of each stroke in IM order)**

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